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PERSONAL HELP *for* THE MARRIED

A Volume of Vital Facts for All Married and Marriageable Men and Women, Who Would Escape the Disastrous Consequences of Ignorance of the Laws of Sex and Heredity. Together With Counsel, Advice, Help and Instruction of Serious Importance to the Millions Who Have Suffered Pain, Remorse and Agony Due to Mistakes Which May Yet Be Corrected

By

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Member of Advisory Board World's Purity Federation; Author of the Shannon Purity Series, of which over two million have been sold,**

and

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*Volume II, Book I
of The Personal Help Library*

This set is comprised of Volume I, The Sex Challenge Answered; Volume II, Personal Help for Married and Parents; Volume III, Personal Help for Boys and Young Men; Volume IV, Personal Help for Girls and Young Women

THE S. A. MULLIKIN COMPANY, *Publishers*
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This One



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**Agents wanted in every English
speaking country of the world**

THE S. A. MULLIKIN CO., PUBLISHERS, CINCINNATI

INTRODUCTORY

"In the heart of every human being is an innate desire to live true and wise," says B. S. Steadwell, a noted author on social problems. But he adds with emphasis, "We find misery where there ought to be happiness, darkness where there ought to be light, ignorance where there ought to be knowledge, vice where there ought to be virtue, war where there ought to be peace." This feeling is spreading among earnest workers in the cause of social uplift everywhere at the face of the volume of human wreckage, and the question constantly arises as to how long humanity can keep up the present pace and survive.

Recent years have been rich in scientific discoveries in facts relating to the sexes. The result of ignorance in the married as well as the unmarried, are so vividly pictured that thoughtful people everywhere are roused into activity and are seeking to do a little, as best they can, so far as obtainable knowledge can do it. We have learned from sociologists and penologists that ignorance

INTRODUCTORY

mother of superstition, of vice, of crime, of disease, and of every species of impurity. See Bishop Fallows: "Our jails, penitentiaries, reformatories, insane asylums, and institutions for the feeble minded are filled with inmates who began their course thither, because of dense ignorance of the laws of physical organisms, and untold wretchedness and misery have been entailed upon countless thousands of human beings from the same cause."

The purpose of this volume is to let in light where darkness has been; to displace vice with virtue, and strife with peace; and to create happiness where misery may otherwise dwell. The vast array of facts contained in this and companion volumes has been gathered from the most reliable sources, representing the ripest views of men and women recognized as authorities in physiology, psychology and education. These vital facts have been systematized and arranged in their proper order for the benefit of thoughtful, intelligent people that desire to escape the disastrous results of ignorance of God's laws of science and heredity.

A more important set of books has never appeared in print than "The

Help Library," and it is difficult to indicate which of the four volumes may be most important, except as determined by circumstances of the individual. Every book of the set will prove a revelation to the reader. This volume consists of two books, "Personal Help for the Married," and "Personal Help for Parents." If the scientific facts and helpful suggestions contained in the same are acted upon intelligently, they will prevent many missteps in the selection of a life companion, and shipwrecks in the marriage relation, and create in parents a sense of the responsibility they have voluntarily assumed, as well as to furnish a specific and comprehensive guide to the instruction of children, that their morals may be safeguarded while young, and a character established that will withstand the temptations of later life, under which thousands of young people are breaking down.

Volumes III and IV of the set, are designed, first of all, to give parents a broader knowledge of the vital questions involved in directing boys and girls to paths of safety, and qualify them for more intelligent instruction. At the age of fourteen and over, they should

be placed in the hands of boys and girls to be read for themselves.

“Of all sad words of tongue or pen,
The saddest are these, ‘It might have been.’”

The pain, remorse and agony that comes to thousands of men and women through mistakes, due to ignorance, should, in most cases, be prevented. The spirit in which the “Personal Help Library” is offered to the millions, is the spirit of helpfulness.

THE PUBLISHERS.

Cincinnati, Ohio, January 4, 1921.

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Personal Help for the Married

CHAPTER I

INTRODUCTORY

Importance of Marriage Marriage is the source of the purest joys and pleasures of life; but, also, of its deepest cares. The joys of the wedding morn are followed by days of anxious responsibilities. But if the marriage relation is entered intelligently, and lived considerately, each striving to bear the burdens while increasing the happiness of the other, then will the pleasing expectations of marriage be realized.

Motive for Marriage There is but one motive that sanctifies the relation of marriage—*love*. No social convention can alter this truth, based on the best experiences of life. Love will ever remain essential to a normal, happy and productive home. The emotion of love is awakened to conscious

PERSONAL HELP FOR THE MARRIED

activity through acquaintance and friendship, it becomes a joyful reality in courtship and is perpetuated through life, because of a chaste, pure, unselfish sex preference of one man for one woman and that one woman for that one man. If for any reason this sex preference is ever broken, the bonds of love between husband and wife will be weakened, if not severed for all time. Other causes of domestic inharmony can be adjusted so long as sex preference, or love, binds the two as one. Under the guidance of unselfish sex selection, few mistakes would ever be made in the choice of a companion.

Tests of True Love A man and woman bound by pure love for each other may live in a shack or a cottage, they may have to toil late and hard to support a family of growing children, but they and the children will be happy, probably healthy and strong, and bound together by mutual love. They will remain true to each other through adversity, sickness and death.

Mismatched If husband and wife are not bound to each other by a natural sex preference, or love, though they may hold in their possession broad acres, railroad bonds or

heavy deposits in the bank, live in a mansion and move in the elite circles of society, they will not love each other or their children, or be able to build a *real* home.

**Other In-
centives for
Marriage**

It is quite customary in some grades of society to choose a life companion for social or financial advantage. Such unions are not natural. They are cold business transactions. A man prompted by such motives sees in a woman the qualities of a good housekeeper, a social queen, or that union with her will bring financial gain. A woman influenced by selfish motives sees in marriage with a man opportunities for social prestige, or a life of luxury and ease. Instead of their lives blending as one, they drift apart. Soon he spends his days in his daily vocation and his evenings in lodges. She finds her only pleasure in following the latest fashions and devoting her time to various social functions. Both have their secrets but manage to avoid public disgrace.

**The Un-
fortunate
Child**

Should a child be born into such an unnatural home, it would receive an unfortunate heredity and a still more unfortunate environment. The initial of its life was accidental; its prenatal rights were

not regarded, its advent was not welcomed; it is now turned over to a nurse. Such a child is more unfortunate than an orphan. In no true sense has it a father or mother. When visitors are about, or when the family is making a public display, such a child may be petted and pampered by its parents and lavishly supplied with clothes and toys. Its egotism will thus be stimulated and its propensities gratified, yet it will be placed at a decided disadvantage in life. Compared with such a child, the ragged street urchin is to be congratulated.

**An
Unnatural
State** When the natural, God-designed and God-honored sex instinct is perverted and base desire supplants love in the choice of a companion, the home instinct is degraded, love dethroned and inharmony will certainly follow. The romance of courtship and the honeymoon is transitory. There is a certain amount of glamour, mystery, novelty, romance, and poetry connected with courtship and the honeymoon that, while perhaps natural at the time, in the very nature of the case, can not be permanent. The plain, practical, everyday experiences of

life must become prominent in every successful home. The fairyland of flowery visions, rippling streams of sentiment, poetic fancies of bliss, and the lunar and stellar raptures of love must yield, after a period of such experiences, to mundane realities wherein these beautiful dreams terminate, air castles are destroyed and life once more becomes real.

**Ideals—
False and
True**

When the end of this romantic period comes to the young wife, whose vision of marriage was received from sensational novels, fashion journals, the theater and gay social gatherings, and to the young husband, kid-gloved, well-starched and much-cravatted, it will be unexpected and very disastrous to their imaginary love. Cruel and prudish are they who are responsible for creating artificial social ideals in the minds of youth. But when the termination of romance comes to the young husband and wife whose courtship and marriage have been true to nature, it will be supplanted by the dawning consciousness of life's real mission in marriage and they will discover that the truest, sweetest and most enduring pleasures and joys of life have only begun.

The First Born Fortunate and happy is the young couple that before the romance of marriage is over becomes aware that preparations must be made for entrance of a little stranger into their home. If the faint prophecies of the approaching advent of their first-born thrill their lives with hopeful and joyful anticipations, marriage will have a deeper significance, the bonds of love and dependence will become stronger and the pleasures of life more real. The supremest moment of marriage comes when the young husband that for the first time in the birth chamber stands by his wife's side holding her hands in his, stoops and kisses her lips, cheeks and brow, as she bravely and beautifully endures the throes of parturition. Such an experience is enough to transform a brute into a man. When the first-born is placed to the young mother's breast, a deep, profound, but quiet happiness knows no bounds in two hearts that beat as one. A cooing babe is nature's own sequel to the honeymoon.

CHAPTER II

WHAT EVERYBODY SHOULD KNOW

The Basic Incentive for Marriage While love is the motive that sanctifies the marriage relation, marriage itself rests on a deeper foundation. Marriage is the union of a man with a woman, who associate themselves in order to *perpetuate the species*, to aid each other by mutual assistance, to support the changes of life and to endure the same fate. The true end of marriage is to establish a home. A complete home embraces a father and mother and children, bound to each other by the tender ties of love.

Not Complete Until Marriage A man first becomes a man and a woman a woman in marriage. Only when united by that mysterious rite does each find nature satisfied, and all the faculties and functions meetly exercised. By such union those powers which are directed without the individual, those strong sentiments which are the reverse of the selfish and

introverted portions of our constitution, are called into action. The husband and father no longer labors for himself alone, no longer even principally for himself. There are others who, he feels, have claims upon his time, his thoughts, his possessions, more imperative even than himself. He first provides for these, and for their sakes willingly and often undergoes deprivations and self-denials.

**Home and
Virtue**

Just in proportion as love is pure, marriage honored, and the bed undefiled, will all the other Christian virtues be admired and praised. No more ominous sign of decay and deep corruption in a nation can be seen than when there is a widespread aversion to marriage, an oft-repeated sneer at the happiness it brings, a current doubt as to the fidelity of those who are united in the bonds of matrimony.

**Looking
Forward to
Marriage**

Most young persons of both sexes look forward to marriage as a desirable condition, and when they enter it, they accept cheerfully its obligations, observe honorably its injunctions, and are happier than if they had remained single.

Physical Fitness for Marriage Remember, marriage is for the purpose of offspring. The law, moral and physical, must condemn any marriage in which this purpose is not at all, or only imperfectly, carried out. Hence, *virility* is a necessary requirement to marriage.

Don't Marry too Young Marriage works sure and fatal injury on the constitution of boys or very young men. Their lives are shortened, their health enfeebled, their mental powers frequently impaired. The best age for a young man to marry is from twenty-three to thirty-five years. The woman, from twenty-three to thirty. Too early marriage is especially bad for women. On the other hand, too late marriage is not good. The soft parts are liable to become rigid and less capable of yielding in childbirth.

Hereditary Taints Many families have hereditary taints. It is probable, at least possible, that a predisposition to consumption, scrofula, insanity, and the like, may be passed down to the offspring. It is quite certain that these diseases will be inherited by the children should both husband and wife have such tendencies.

**Late
Marriages a
Cause of
Disease**

Elderly men should not marry. Remember that *virility* is essential to produce healthy, vigorous offspring. Except in rare cases, old men have lost much of their virility. One noted writer claims that the cause of the increasing number of diseases and weaknesses of our generation is the growing tendency to postpone marriage until time or indulgence has diminished the forces and disposed the system to succumb readily to any unusual drain upon its resources.

**Mal-
formations**

Malformations should, in some cases, preclude the idea of marriage. But such cases are not numerous. A careful investigation by an intelligent physician may settle all doubtful cases.

**Relative
Ages of
Husband
and Wife**

It seems to be the sentiment, all but universal, that the husband should be the older, say from five to ten years. One writer says: "I think there should always be an interval of about ten years between a man of mature age and his wife. Women age much more rapidly than men, and as the peculiar functions of matrimony should cease in both parties about the

same time, such interval as this is evidently desirable."

**Prof.
Fowler's
Statement**

"Up to twenty-two, those who propose marriage should be about the same age; yet a difference of even fifteen years, after the youngest is twenty-five, need not prevent a marriage, when everything else is favorable. But a man of forty-five may marry a woman of twenty-six or upward much more safely than one of thirty may marry a girl below twenty, for her natural coyness requires more delicate treatment than his abruptness is likely to bestow. He is apt to err fundamentally by precipitancy, presupposing that her mental sexuality is as mature as his own. Though a man upward of forty must not marry one below twenty-two, yet a man of fifty may venture to marry a woman of twenty-five, if he is hale and descended from a long-lived ancestry. Still, no girl under twenty should ever marry any man over twenty-six.

**III-Mated
in Years**

"The love of an elderly man for a girl is more parental than conjugal; while hers for him is like that of a daughter for a father, rather than wife for husband. He loves her as a pet, and therefore as his inferior, instead of as a woman; and is com-

pelled to look down upon her, as inexperienced, below him in judgment, too often impulsive and unwise; which obliges him to make too many allowances to be compatible with a genuine union. And she is compelled to look upon him more as one to be revered, perhaps feared, and as more good and wise than companionable. Their ideas and feelings must necessarily be dissimilar. He may indeed pet, flatter and indulge her as he would a grown daughter, and appreciate her artless innocence and girlish light-heartedness, yet all this is not genuine masculine and feminine love; nor can she exert over him the influence every man requires from his wife."

**Taste and
Temper-
ament**

Great care should be taken in the choice of a partner for life. Accomplishments, social position, health and beauty should all be considered. But more than that, *identity of taste and diversity of temperament* between husband and wife weigh all other considerations.

Marriages are happiest and most productive of bright and healthy offspring when husband and wife differ in both mind and temperament. And yet the diversity in temperament should not be too

man of warm, loving disposition should not marry a woman that coldly repulses his efforts at love-making. And the reverse is also true; a woman of warm and ardent disposition craves the responsive affections of a husband.

DON'TS IN SELECTING A LIFE COMPANION

Don't sell yourself for money or position.

Don't throw yourself away; remember marriage is not for a day.

Don't fail to seek the advice of your parents.

Don't marry to please a third party.

Don't marry to spite anyone.

Don't marry because someone else is seeking the same person.

Don't marry to get rid of anyone.

Don't marry merely from the impulse of love.

Don't marry without love.

Don't marry simply because you have promised to do so.

Don't fail to test thoroughly effects of separation.

Don't fail to consider the effects of heredity on your children.

Don't fail to test thoroughly protracted association.

Don't marry suddenly.

Don't marry downward.

Don't fail to consider the grade of the one you are to marry.

Study of Temperaments It is our opinion that this subject is worthy of profound consideration. It would be well for the man and woman that contemplate marriage to make a special study of this subject, and not leave it to mere chance. The race would be greatly improved if marriages could be made on scientific principles.

The writer well remembers a large family, mostly boys, that sprung from a father and mother well mated as to temperament. Perhaps there was not one of the children that was not superior to either the father or mother. At least none were inferior to the parents, and most of them were much superior to either parent.

A Question of Doubt One author makes the following statement: "Marry your conjugal mate—your personal duplicate, your approximate equal in development and your like. This statement may be correct if prope

understood, but on the face of it, it would seem to teach that a person should marry one of the same temperament. If this were followed out fully, it would be a sad day for our race. Temperaments should be *unlike* in husband and wife.

Marrying One writer says: "The fear of
Near
Relatives marrying a cousin, even a first cousin, is entirely groundless, *provided there is no decided hereditary taint in the family*. And even when such a hereditary taint does exist, the danger is not greater than in marrying into any other family where it is also found. But as few families are wholly without some lurking predisposition to disease, it is not well, as a rule, to run the risk of developing this by repeated unions."

"The marriage of cousins," says the London *Lancet*, "provided both are healthy, has no tendency to produce disease in the offspring. If, however, the cousins inherit the disease, or proclivity to it, of their common ancestor, their children will have strong tendency to that disease, which might be fostered or suppressed by circumstances. There can be no question that cousins descended from an insane or highly consumptive grandparent

should not intermarry; but we can see no reason for supposing that either insanity or consumption would result from the intermarriage of healthy cousins."

**Taint of
Insanity**

Life insurance companies are very careful to examine into the ancestry of one seeking insurance. This is "business." Should young people seeking marriage be any less businesslike? Cancer, gout, asthma, diseases of the heart, hysteria, epilepsy, paralysis and insanity may descend, and many times do descend, from the unhappy parents to the more unhappy offspring.

Many cases commonly attributed to physical or moral shocks are really instances of the breaking out of an inherited tendency that has lurked unheeded in the system until aroused by some unusual excitement. From one-third to one-half of all attacks of insanity owe their origin to hereditary causes.

A Sad Case The writer is acquainted with the children, the grandchildren and the great-grandchildren of a woman who died insane some fifty years ago. Each generation shows the taint of insanity. Not all, of course, but it is scattered along down the generations. How long it will continue no one knows.

would be well for the world if the tainted ones would cease to marry.

**Avoid
Marrying
a Diseased
Person**

We discuss the subject of venereal disease elsewhere, and will only throw out the red light of warning in this place. Before entering into the marriage relation, look well into this matter. Ladies, beware of the man tainted with any of these awful diseases. Even though you may be sure that all physical effects have passed, the moral taint is there unless the young man has repented in sackcloth and ashes and purged his conscience.

**Long En-
gagements**

The great English surgeon, Dr. Acton, on the subject of long engagements, has this to say: "All medical experience proves that for anyone, especially a young man, to enter into a long engagement without any immediate hope of fulfilling it, is, physically, an almost unmitigated evil. I have reason to know that this condition of constant excitement has often caused not only dangerously frequent and long-continued nocturnal emissions, but most painful affections of the testes. These results sometimes follow the progress of an ordinary two or three months' courtship to an alarming ex-

tent. The danger and distress may be more serious when the marriage is postponed for years."

**Duty of
Fidelity**

Nothing is more certain to undermine domestic felicity and sap the foundation of marital happiness than marital infidelity. The risks of disease which a married man runs in impure intercourse are more serious, because they involve not only himself, but his wife and children. He should know that there is nothing which a woman will not forgive sooner than such a breach of confidence. He is exposed to the plots, and pretty certain sooner or later to fall into the snares of those atrocious parties that succeed on blackmail. And should he escape such complications, he still must lose self-respect and carry about with him the burden of a guilty conscience and a broken vow. We have urged on the celibate the preservation of chastity, we still more emphatically urge upon the married man for the observance of fidelity.

CHAPTER III

ETHICS OF MARRIAGE

The Law of Love Love is the basis of marriage; so *should* it be of married life. Love seeks the good of the beloved object—desires to promote the dear one's happiness, and avert sorrow, care and pain. We may leave love to find out the ways and means of doing this, and need not fetter affection with formulas. It will do the right thing at the right time, fall short in nothing and never transcend its bounds.

This Is Our Ideal Our ideal of perfect love which casteth out selfishness is that it never forgets its divine origin, is always mindful of its sacred offices, and its azure wings are never bedrabbled in the mire of earthly grossness. But lovers, wives and husbands are poor, imperfect mortals after all, and there are few married people that may not profit by some well-considered hints in regard to the minor morals of matrimonial and domestic life.

**Matri-
monial
Fidelity**

The first duty which married persons owe to each other is to maintain that sacred and unalterable fidelity toward each other to which they are sworn by their bridal vows. This fidelity implies something more than the avoidance of overt acts of conjugal transgression which shock the moral sense of community and awaken public indignation. There may be folly and wrong where there is no actual violation of the law of the land. The moth may flit about the lamp flame for a time without falling into it, and a flirtation may originate in vanity or pique and end in nothing worse than a brief infatuation on one side and a few keen pangs of jealousy on the other, but the danger of more serious results is fearful.

Flirtations Beware, then, of the slightest approach to trifling with the holy bonds you have assumed. Let there be no cause for a single anxious thought, for one hour of disquiet or doubt on the part of the one you have sworn to love and cherish. That one must be first in your thoughts always. The hopes, the plans, the happiness of husband and wife are bound up together. We can not divide the most sacred sympathies of our

nature between our lawful mate and another person.

Thine own, forever thine, is the language of the true husband or wife. We may have father, mother, brothers, sisters, friends, all near and dear to us, but before all, and above all, must be the one to whom we have given the hand and heart in marriage. Poverty may benumb the soul with icy hands; misfortune may darken our pathway; sickness may lay us low; beauty may fade and strength depart, but love and constancy are but a name if they live not through all.

Mutual Confidence Married people that would live happily together must treat each other with perfect confidence, and be strictly honest and unreserved in their intercourse. Duplicity, even in the smallest matters, must be carefully avoided. A wife must not deceive her husband, or a husband his wife, in anything. When one gets into the habit of doing anything of which he or she is ashamed to speak to the one that should be as another self, there is the beginning of a course of wrongdoing of which no one can foresee the end. With the first detected deception—and

deception seldom remains long undetected—there comes a loss of confidence, which it is almost impossible to fully restore; but with mutual unreserved honesty of purpose and complete openness, there will come a faith in each other that nothing can shake. Where such honesty, frankness and confidence exist, there can be no room for jealousy, no grounds for bitterness and strife.

Charity No one is free from faults. If courtship has not revealed them to the lovers, marriage will certainly remove the veil and show each to the other with the failings, foibles and weaknesses of our imperfect humanity. Love, like charity, may cover a multitude of sins, but it can not make us blind to the faults of character and the errors of habit which we shall inevitably discover in the beloved; but the discoveries we may make should not alienate us in any degree from our love; for while we see some thing we do not approve, we should bear in mind the fact that we probably have as many as great faults as our companion, there will be need of constant forbearance and charity.

**Shall
Husband
and Wife
Criticize?**

It is a duty we owe to our friends, and especially to our best of all earthly friends—our wife or husband—to remind them, in a spirit of kindness and charity, of their faults, with a view to their correction. We must not do this in a censorious and self-righteous spirit, but considerately and tenderly, and we must not manifest impatience if the habits of years are not wholly abandoned in a week.

**Agree to
Disagree**

When a husband and wife can not think alike on any particular subject, they can at least “agree to disagree,” and not allow a slight difference of opinion to cause unkind feelings or estrangement. Be tolerant everywhere, but especially at home.

We may establish a claim on some incidental circumstance, or the bare fact of relationship, and impose burdens and accept kindness without a thought of obligation on our part.

**Matri-
monial
Politeness**

The husband should never cease to be a lover, or fail in any of those delicate attentions and tender expressions of affectionate solicitude which marked his intercourse before marriage with his heart's queen. All the respectful deference,

every courteous observance, all the self-sacrificing devotion that can be claimed by the sweetheart is certainly due to the wife, and he is no true husband and no true gentleman that habitually withholds them.

**Honor,
Respect and
Love** It is not enough that you honor, respect and love your wife. You must put this honor, respect and love into forms of speech and action. Let no unkind word, no seeming indifference, no lack of the little attentions due her, remind her sadly of the sweet days of courtship and the honeymoon. Surely the love which you then thought would be cheaply purchased at the price of a world, is worth all your care to preserve.

**Wife and
Sweetheart** Is not the wife more, better and dearer than the sweetheart? It is probably your own fault if she be not. The chosen companion of your life, the mother of your children, the sharer of all your joys and sorrows, as she possesses the highest place in your affections, should have the best place everywhere, the politest attentions, the softest, kindest words, the tenderest care. Love, duty and good manners alike require it.

"Youst My Vife" There is a story told of an old German who was engaged in the back part of his place of business when one of his clerks came and told him that there was a lady waiting to see him in his office. He had thrown off his coat and the work he was doing had soiled his hands.

Hurrying to a basin he washed his hands, threw on his coat, straightened his tie and made himself as presentable as possible before going forward to meet the lady. Returning a few minutes later, he said, with an aggrieved air, as he threw off his coat: "I put on my coat und make myself clean for noding. Dot vas youst my vife."

Now there are a good many intelligent, entirely respectable and well-meaning men that do not feel it to be incumbent upon them to observe the ordinary rules of courtesy toward women, when the woman in question is "youst my vife." And so there are wives that fall into the habit of negligence regarding their personal appearance and are indifferent to many of the ordinary little courtesies of life, when there is no one around but "just my husband."

It is an evil day in any home when the husband feels that he can be less courteous to his wife than to other women, and it is an equally evil day when the wife feels that she can put aside many of the little courtesies.

**Husband
and Lover**

And has the wife no duties? Have the courteous observances, the tender watchfulness, the pleasant words, the never-tiring devotion which won your smiles, your spoken thanks, your kisses—your very self—in days gone by, now lost their value? Does not the husband rightly claim as much as the lover? If you find him less observant of the little courtesies due you, may not this be owing to the fact that you sometimes fail to reward him with the same sweet thanks and sweeter smiles? Ask your own heart.

**Dress for
His Eyes**

Have the comfort and happiness of your husband always in view, and let him see and feel that you still look up to him with trust and affection, that the love of other days has not grown cold. Dress for his eyes more scrupulously than for all the rest of the world; make yourself and your home beautiful for his sake; try to beguile him from his cares; retain his affec-

tions in the same way that you won them. Be polite even to your husband.

**A Sanctum
of Love**

Let there be a place at home sacred from all ideas of toil—a sanctum of domestic love and sociability, where never intrude the cross word and sour look. With a pleasant greeting and smile welcome him as he comes from the sharp conflict with his fellows. You say, "Are we always to wear a smiling face to chase away his frown? The children have been vexatious; can we always bear it smilingly?" Know this, wives, that when assured of an habitually pleasant reception, the frown will be left at the office, put from the face, closed with the ledger. It is utterly impossible to do otherwise, for like begets like, as surely as operate nature's laws. Become to him a necessary part of himself, a wife in every respect, and he will not fail to respond.

**Why Well-
Disposed**

Wives Fail so many men are anxious to get rid of their wives?" "Because," was the reply, "so few women exert themselves after marriage to make their presence indispensable to the happiness of their husbands." When husband and wife have become thor-

oughly accustomed to each other—when all the little battery of charms which each plays off so skilfully before the wedding day, has been exhausted—too many seem to think that nothing remains but the clanking of the legal chains that bind them to each other.

Renew Domestic Felicity Renew the attentions of earlier days. Draw your hearts close together. Talk the thing all over. Prayerfully, aye, prayerfully, acknowledge your faults to one another, and determine that henceforth you will be all in all to each other, and my word for it, you shall find in your relation the sweetest joy earth has for you. There is no other way for you to do. If you are not happy at home you must be happy abroad; the man or woman that has settled down upon the conviction that he or she is attached for life to an uncongenial yoke-fellow, and that there is no way to escape, has lost life; there is no effort too costly that can restore to its setting upon the bosom the missing pearl.

Children and Happy Wedlock Again: children born in happy and loving wedlock will be more comely, more beautiful, more perfect. Children born in *unhappy* wedlock are less favor-

ably organized, less happily disposed, less comely and beautiful. Loving parents, loving children; quarreling parents, quarreling children. This is the rule. Therefore, for the sake of posterity, we are in duty bound to cultivate the more amiable qualities, and keep the passions in subjection. Grace comes by seeking.

Health and Household Pleasures Strive to preserve health, if you would have sunshine in your home. Nervous irritability and the state of being ill at ease—these and many other forms of ill-health may be avoided, as a general rule, by those who endeavor to preserve their health as a sacred duty. If most people have but little health, it is because they transgress the laws of nature, alternately stimulating and depressing themselves. For our own sake and for the sake of others that we trouble by irritability, we are bound to obey these laws pertaining to fresh air, exercise, moderate work, conquest of appetite.

Unpleasant Words at Meal-Time The very worst time for a husband and wife to have unpleasant words is dinner-time. He that bores us at dinner robs us of pleasure and injures our health, a fact which the alderman realized

when he exclaimed to a stupid interrogator, "With your confounded questions, sir, you've made me swallow a piece of green fat without tasting it."

Many a poor wife has to swallow her dinner without tasting it because her inconsiderate husband chooses this time to find fault with her, the children, the servants and with everything except himself. The beef is too much done, the vegetables too little; everything is cold. "I think you might look after something! Oh! that is no excuse," and so on, to the great disturbance of his own and his wife's digestion.

God sends food, but the devil sends the few cross words that prevent it from doing us any good. We should have at least three laughs during dinner, and everyone is bound to contribute a share of agreeable table talk, good humor and cheerfulness.

Conditions Make allowances for your wife's
Demand
Charity share of the great inheritance of human nature. Do not expect her to smile in unmoved serenity when children are ungovernable, servants are in high rebellion, and husband comes home cross and hungry. If she is a little petulant, do not bang doors

by way of soothing her temper. Just remember that a pleasant word or two, the touch of a kindly hand, or the light of a pitying eye will act like oil on the troubled waters. Even *men* are known to get out of patience sometimes, therefore be not astonished at woman's occasional lapse of self-control!

**To Bear
With Each
Other** The great secret is to learn to bear with each other's failings; not to be blind to them—that were either an impossibility or a folly. We must see and feel them; if we do neither, they are not evils to us, and there is obviously no need of forbearance. We are to throw the mantle of charity around them, concealing them from the curious gaze of others; to determine not to let them chill the affections. Surely it is not the perfections, but the imperfections of human character that make the strongest claims on our love.

VITAL QUESTIONS FOR HUSBANDS

1. Have you given to her all of your time which you could spare?
2. Have you endeavored to make amends to her for the loss of her friends?

3. Have you joined with her in her endeavors to open the minds of your children and give them good, moral lessons?

4. Have you strengthened her mind with advice, kindness and good books?

5. Have you spent your evenings with her in the cultivation of intellectual, moral or social excellence?

6. Have you looked upon her, as well as yourself, as an immortal being?

7. Has her improvement been as much your aim as your own?

8. Has your desire been to "love her," as St. Paul commands you, and to see her "holy and without blemish?"

9. Has your kind word soothed the irritation of her brow?

10. Has your arm supported her in the day of trial and trouble?

11. Have you truly been a helpmate to her whom you have sworn before God to love and cherish?

**Advice to
Husband**

Let what we have said add to your desire to serve, to assist and to cherish the wife in all possible ways.

Let your children have the example before them of parents bound by one tie, one hope; united here and forever.

Let him whose married life has been short aid and counsel his young wife.

Let her troubles be yours and her joys be your joys.

Let the wife have all the companionship possible with the husband.

A Beautiful Picture There is a picture, bright and beautiful, but nevertheless true, where hearts are united for mutual happiness and mutual improvement; where a kind voice cheers the wife in her hour of trouble, and where the shade of anxiety is chased from the husband's brow as he enters his home; where sickness is soothed by watchful love, and hope and faith burn brightly. For such there is a great reward, both here and hereafter, in their own and their families' spiritual happiness and growth, and in the blessed scenes of the world of spirits.

The Wife Makes Home And, wives! do you also consult the tastes and dispositions of your husbands and endeavor to give to them high and noble thoughts, lofty aims and temporal comfort. Be ready to welcome them to their homes; gradually draw their thoughts while with you from business, and lead them to the regions of the beautiful in art and nature

and the true and the divine in sentiment. Foster a love of the elegant and refined, and gradually you will see business, literature and high moral culture blending in "sweet accord."

**Mutual
Effort**

Do not forget that your happiness both here and hereafter depends upon each other's influence. An unkind word or look, or an unintentional neglect, sometimes lead to thoughts which ripen into the ruin of body and soul. A spirit of forbearance, patience, and kindness, and a determination to keep the chain of love bright, are likely to develop corresponding qualities, and to make the rough places of life smooth and pleasant. Have you seriously reflected that it is in the power of either of you to make the other utterly miserable? And when the storms and trials of life come, for come they will, how much either of you can do to calm, to elevate, to purify the troubled spirit of the other, and change clouds for sunshine!

**The
Divine
Plan**

It was thus, surely, that intellectual beings of different sexes were intended by their great Creator to go

through the world together; thus united, not only in hand and heart, but in principles, in intellect, in views, and in dispositions; each pursuing one common and noble end—their own improvement, and the happiness of those around them—by the different means appropriate to their situation; mutually correcting, sustaining, and strengthening each other; undegraded by all practice of tyranny on the one hand, and of deceit on the other; each finding a candid but severe judge in the understanding, and a warm and partial advocate in the heart of their companion.

Nobody In America, some women think
But My
Husband that anything is good enough to wear at home. They go about in slatternly morning dresses, unkempt hair, and slippers down at the heel. "Nobody will see me," they say, "but my husband."

An English lady, visiting the wife of one of the wealthy merchants of India, found her always in full dress, with toilet as carefully arranged as if she were going to a ball.

"Why!" exclaimed the visitor, "is it possible that you take all this trouble to dress for nobody but your husband?"

“Do, then,” asked the lady in reply, “the wives of Englishmen dress for the sake of pleasing other men?”

Cleanliness Women who neglect cleanliness are peculiarly liable to give out unpleasant odors. So it is with bad breath. This sometimes arises from neglect of the teeth; sometimes from diseases of the stomach; sometimes from catarrh and the like. A husband is almost forced to hold at arm's length a wife with a fetid breath.

**Love Enters
Through
the Nose** Perspiration, especially about the feet, under the arms, and the like, causes a very unpleasant smell about many men and women. Now these disagreeable smells must, in some way, be removed if husband and wife are to retain each other's love. It is said that love enters through the nose. If that be true, it may well be said that love may be driven out through fetid, filthy feet.

**Conjugal
Harmony** In true marriage, when all the conditions are favorable, and husband and wife spend much of their time together, there is a natural tendency to assimilate. Loving each other and admiring each

other's qualities, they insensibly take on each other's characteristics, and finally grow into a strong personal resemblance of each other. Examples of this conjugal resemblance in couples who have lived long in happy marriage relations may be pointed out in almost every community. The harmony between such married people, instead of being lost or broken up by constantly recurring discords, becomes, year by year, sweeter and more complete.

**Harmony
Lost,
Why?** But there are cases in which the opposite result takes place. A good degree of congeniality may exist at the time of marriage, but may afterward be lost. Instead of climbing the hill of life hand in hand, as they should, they become separated in the crowd, and one is left far behind. They no longer see things from the same point of view, and the unity of thought and feeling which existed at first is destroyed.

**The Wife's
Fault** Sometimes the wife, confined to home by domestic duties; debarred by maternity and the care of children from mingling in society; deprived, mainly by lack of time and opportunity, of the advantages of lectures and books; and

finally, perhaps, losing her taste for intellectual pursuits, remains stationary, or rather deteriorates, intellectually, while her husband, mingling constantly in society with cultivated people, brought into daily contact with the great movements of the day, reading, thinking and attending lectures, is constantly advancing—gaining new ideas, new views of life, new interests and new aspirations. The congeniality which drew them together in the beginning no longer exists. Harmony is lost. Instead of growing toward each other, they have grown far apart—become mentally strangers to each other.

It May Be In other cases it is the husband
the
Husband who falls behind in the journey of life. Giving himself up entirely to business, spending his days in his counting-room, going home fatigued, listless and indisposed to study, conversation or thought, he neglects books, loses his interest in the new ideas and movements of the age, and instead of leading onward and upward the mind of his intelligent and perhaps ambitious wife, leaves her to find in others the intellectual companionship she

craves. Relieved mainly from household cares by a housekeeper and servants, she reads, thinks, goes into society, mingles with cultivated and progressive people, and is constantly advancing in the path of mental improvement. There is the same loss of harmony as in the other case, and the final results are generally more disastrous.

Death of Wedded Love Homes whence wedded love has fled afford us life's pathetic scenes. Wedded love, blessed with the prayers of friends, hallowed by the sanction of God, rosy with present joys, and radiant with future hopes, dies not all at once. A hasty word casts a shadow upon it, and the shadow deepens with the sharp reply. A little thoughtlessness misconstrued, a little unintentional negligence, deemed real, a little word misinterpreted—through such small channels do dissension and sorrow enter the family circle.

Mutual Growth, Law of Nature Young married couples should think of this in time. Remember that growth is a law of nature. But if the conditions are unfavorable we become dwarfed and deteriorate, instead of

improving. You should strive to attain the conditions requisite for mental progress, and to equalize them so as to grow up together in mind, as it were, keeping step in the onward march of life. There can be no solid and satisfactory happiness in the conjugal relation without a close sympathy in thought and feeling. To secure this, you must marry congenial partners; and to retain it, you must perpetuate the harmonious conditions existing at marriage by equal advantages, so far as possible, for mental improvement after marriage. Be together as much as possible; read the same books and periodicals; talk about what you read; attend lectures; go together into society, or spend your evenings together at home; and in all things help each other to be true and good, to grow in grace, and in that knowledge which maketh wise unto salvation.

PEACEFUL BLENDING

I saw two clouds at morning,
Tinged with the rising sun,
And in the dawn they floated on
And mingled into one:
I thought that morning cloud was blest
It moved so sweetly to the west.

I saw two summer currents
Flow smoothly to their meeting,
And join their course, with silent force,
In peace each other greeting:
Calm was their course, through banks of green,
While dimpling eddies played between.

Such be your gentle motion,
Till life's last pulse shall beat;
Like summer's beam and summer's stream
Float on, in joy, to meet
A calmer sea, where storms shall cease—
A purer sky, where all is peace.

—*Brainara.*

CHAPTER IV

AFTER MARRIAGE—THE CONSUMMATION OF MARRIAGE

**Its Signifi-
cation** Both legally and morally the prime object of marriage, regarded from a social point of view, is the continuation of the species. Hence until the preliminary steps to this end are taken, the marriage is said not to be consummated. The precise meaning of the expression is this: "The first time that the husband and wife cohabit together after the ceremony of marriage has been performed is called the consummation of marriage." A marriage, however, is complete without this in the eye of the law, as it is a maxim that consent, not cohabitation, is the binding element in the ceremony.

**A Wise
Restraint** A sage morality throughout more civilized lands prohibits any participation of the act until the civil officer or priest has performed the rite. The experi



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For Better or for Worse

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New Responsibilities

of the world proves the wisdom of this, for any relaxation of the laws of propriety in this respect are fraught, not only with injury to society, but with loss of self-respect to the individual. Those couples that under any plea whatever, allow themselves to transgress this rule, very surely lay up for themselves a want of confidence in each other and a source of mutual recrimination in the future. True as this is shown to be by constant experience, yet there have been and still are communities in which the custom is current of allowing and even encouraging such improper intimacies.

When Consummated Usually marriage is consummated within a day or two of the ceremony. In Greece the excellent rule prevails that at least three days shall be allowed to elapse between the rite and the act, and it were well if this rule were general. In most cases the bride is nervous, timid, exhausted by the labor of preparation and the excitement of the occasion—indeed, in the worst possible frame of body and mind to bear the great and violent change which the marital relation brings with it.



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The Bridal Chamber The first hour in the bridal chamber is, to the delicate and sensitive young wife, one of severest trial. However much she may respect her husband, she realizes that he is to her almost a stranger. Yet she should not hesitate. Without a trace of prudishness, she should forget herself in perfect love and trust.

The young husband should fully appreciate the feelings of his bride. With delicate consideration he should strive to spare her modesty. To urge his attentions upon her would be little less than brutal. He should regard her, not as within his power, but as under his protection. By tender caresses he may try to win her to him, but let desire wait her invitation.

Danger Ahead! The consequence is that in repeated instances the thoughtlessness and precipitancy of the young husband lay the foundation for numerous diseases of the womb and nervous system, and for the gratification of a night he forfeits the comfort of years. Let him at the time when the slow-paced hours have at last brought to him the treasures he has so long been coveting, administer with a frugal hand and

with wise forethought. Let him be considerate, temperate and self-controlled. He will never regret it if he defer for days the exercise of those privileges which the law now gives him, but which are more than disappointing if seized on in an arbitrary, coarse or brutal manner.

A Sign of Low Breeding There is no more infallible sign of a low and vulgar man than to hear one boast or even to mention the occurrences on the nuptial night. Who does so, set him down as a fellow devoid of all the finer feelings of his own sex, and incapable of appreciating those of the other. While the newly married man should act so that his tender solicitude and kind consideration could only reflect credit on himself, were they known, he should hide them all under a veil of reticence.

Painful to the Bride A husband should be aware that while, as a rule, the first conjugal approaches are painful to the new wife, and therefore that she only submits and can not enjoy them, this pain should not be excessively severe, nor should it last for any great length of time—not more than one or two

weeks. Should the case be otherwise, then something is wrong; and if rest does not restore the parts, a physician should be consulted.

A Source of Misery It is especially necessary that great moderation be observed at first, an admonition which we the more urgently give because we know it is needed, and because those specialists who devote their time to diseases of women are constantly meeting patients who date their months and years of misery from the night of the consummation of marriage.

Obstacles to Consummation We have now to consider the cases where for some incapacity on the one side or the other it is not possible to consummate marriage. When an incapacity of this kind is absolute or incurable, and when it existed at the time of the ceremony of marriage, both the ecclesiastical law and the special statutes of several of the American states, declare the marriage void and of no effect. But the suit must be brought by the injured party, and he or she naturally incapable can not allege that fact in order to obtain a divorce.

'An incapacity for marriage may exist in either sex, and it may be in either temporary or permanent.

**On Part of
the Bride**

The most common cause of a temporary character is an excessive sensitiveness of the part. This may be so great that the severest pain is caused by the introduction of a narrow sounder, and the conjugal approaches are wholly unbearable. Inflammation of the passage to the bladder, of some of the glands, and various local injuries are also absolute but temporary barriers. Any of these are possible, and no man with a spark of feeling in his composition will urge his young wife to gratify his desires at the expense of actual agony to herself.

Conditions of this kind require long and careful medical treatment, and though it is disagreeable to have recourse to this, the sooner it is done the better for both parties.

**The
Hymen**

A permanent obstacle is occasionally interposed by a hymen of unusual rigidity. It is rare, indeed, that this membrane resists, but occasionally it foils the efforts of the husband, and leads to a

belief on his part that his wife is incapable of matrimony.

**The
Vagina**

A complete or partial absence of the vagina forms an absolute and generally incurable obstacle to conjugal duty on the part of the woman. Such a condition may arise from an injury received earlier in life, and which has allowed the sides to contract and grow together; or she may have been so from birth.

**Want of
Virility in
Man**

Virility is from the Latin *vir*, meaning *man*. A *want* of virility, then, is being incapable of performing the functions of a man. Virility depends upon the ability of a man to secrete the sperm. In that sperm, as one of its parts, is the spermatozoa, the life-transmitting power.

**Sperma-
tazoa**

The spermatozoa are exceedingly numerous and active when the secretion is healthy. A single one of them—and there are many hundreds in a drop—is sufficient to bring about conception in a female. They not only have a rapid vibratory motion, but singular vitality.

They are not, however, always present, and when present may be of variable activity

In young men, just past puberty, and in aged men, they are often scarce and languid in motion. Occasionally they are entirely absent in otherwise hale men, and this is one of the causes of sterility in the male. Their presence or absence can only be detected by the microscope.

The organs in which this secretion is elaborated from the blood are the testicles.

Before Puberty A secretion is formed before puberty, but it is always without these vibratory bodies. Only after that period is it formed healthily and regularly by the proper glands.

Observers have noted that the secretion produced soon after puberty is feeble, and generally fruitless, or if capable of fecundating, the child thus produced is weakly and apt to be disposed to disease.

Man Loses Self-Respect A medical writer says: "In losing the virile powers at an age when it should be vigorous, man loses his self-respect, because he feels himself fallen in importance in relation to his species. Therefore the loss of virile power, real or supposed, produces an effect more overpowering than that of honors, fortune, friends or rela-

tives; even the loss of liberty is as nothing compared to this internal and continual torture.

Lethargy There are some individuals who are rarely or never troubled by the promptings of nature to perpetuate life, and yet are by no means incapable of doing so. They are indeed few in number, and are usually slow in mind and of an extremely lymphatic and lethargic temperament. They experience very little desire and no aversion toward the opposite sex.

A want of desire does, however, often occur under circumstances which give rise to great mental trouble. It may have many causes; some mental, others physical. Prolonged and rigid continence, excesses either with the other sex or in solitary vice, a poor and insufficient diet or the abuse of liquors and the pleasures of the table, loss of sleep, severe study, constant thought, mental disturbances, as sorrow, anxiety or fear, the abuse of tobacco, drugs, etc., all may lead to the extinction of the sexual feelings.

When lethargy arises from age or local disease it must be met by a judiciously regu-

lated medical treatment which we can not detail here.

Debility It is not uncommon to find desire present, and yet the consummation of marriage to be impossible from a want of power, although the individual is by no means impotent. This condition is called "false impotence," and often causes great alarm, though generally unnecessarily. In persons of nervous temperaments, though otherwise perfectly healthy, the force of imagination, the novelty, the excitement and the trepidation attendant upon the ceremony of marriage completely overpower them, and they are terrified to find it impossible to perform the duties of their new relation. Sometimes this state of the system lasts for days, weeks and months. Recollecting, perhaps, some early sins, the young husband believes himself hopelessly impotent, and may in despair commit some violent act forever to be regretted.

Impotence of Man True impotence consists of want of power, not once, but habitually; not only with prostitutes, but with those whom we most love; not under unfavorable circumstances, but during long periods of

time, say five, fifteen or twenty years. Actual impotence during the period of manhood is a very rare complaint, and nature very unwillingly, and only after the absolute neglect of sanitary laws, gives up the power of reproduction.

Aversion of Not only sensual women, but all,
Wife to
Husband without exception, feel deeply hurt, and are repelled by the husband whom they may previously have loved dearly, when, after entering the marriage state, they find that he is impotent. The more inexperienced and innocent they were at the time of marriage, the longer it often is before they find that something is lacking in their husband; but, once knowing this, they infallibly have a feeling of contempt and aversion for him. It is the knowledge that they are becoming contemptible and disgusting to their wives that brings so many young husbands, fearing they are impotent, to the physician. Unhappy marriages, barrenness, divorces, and perchance an occasional suicide, may be prevented by the experienced physician who can give correct information, comfort and consolation when consulted on this subject.

Let Lewd Women Alone Under no circumstances should he adopt the scandalous and disgusting advice which immoral associates may give him, to experiment with lewd women in order to test his powers. Such an action must meet *with unequivocal condemnation from every point of view*. Should there be good medical reasons to believe that he is actually impotent, he must not think of marriage. Such an act would be a fraud upon nature, and the laws of church and state both declare such a union null and void. Yet even with this imperfection he need not give way to despair or to drink.

Old Age The period of virility in man, like that of child-bearing in women, is naturally limited to but a fraction of the whole term of life. The physiological change which takes place in the secretion in advanced years deprives it of the power of transmitting life, and at last the vigor of the function is lost.

Impotence and Venereal Diseases Venereal diseases lead, more frequently than do any other class of maladies, to permanent, incurable impotence. They may do so either by

an actual destruction of the part, or by exciting inflammation in the secretory apparatus, or by attacking the adjacent parts.

Malformations and Impotence Malformations in man is another cause of impotence. These may be natural, dating from birth, or accidental from injury, or from some necessary surgical operation, or from design, as in the case of eunuchs.

Self-Abuse and Impotence Self-abuse causes perversion of feeling and debility, but does not affect the character of the secretions, except when *carried to great excess*. It leads to debility, but exceedingly rarely to permanent incapacity.

Obesity Obesity may lead to impotence, either mechanically, by causing such an unwieldy growth that the conjugal relation is rendered impossible, or by diminishing desire and power.

Fat children sometimes never manifest in after years any desire for the opposite sex, and there are examples of young men thirty years old who were completely devoid of feeling from the same cause.

The remedy for such a condition is to observe a regimen which will reduce the flesh without impairing the strength.

**Other
Causes**

The habitual use of opium induces a general prostration of the nervous system and a debility of the powers of generation, which in the slaves to those pernicious habits passes into complete impotence.

General malnutrition of the body, lead poisoning, diabetes and some diseases of the spinal cord, also may bring about this condition.

Sterility It is possible for a man to consummate marriage when it is utterly impossible for him to have children. His power of transmitting life is gone forever. That is, impotence and sterility do not mean the same thing.

**Conditions
of
Sterility** The conditions of sterility in man may arise either from a condition of the secretions which deprives it of its fecundating powers, or it may spring from a malformation which prevents its reaching the point where fecundation takes place.

lives after marriage and the birth of one or more children.

Nature seems to compensate the mother for her pains and care of maternity.

**Other
Physical
Benefits**

We are able to state, on many good authorities, that marriage purifies the complexion, removes blotches from the skin, invigorates the body, gives a freedom and elasticity of carriage, a full and firm tone of voice, and is the medium through which nature makes the human species tranquil, happy, healthy, contented, useful and wise.

**Liberties
Before
Marriage**

Kissing, embracing, sitting in lover's lap, leaning on his breast, long periods of secluded companionship are dangerous conditions. Thoughtful parents should have a profound fear at the dangers surrounding such a state of affairs. It is a marvel that so many ladies arrive safely at the wedding day. If our young women realized the danger of arousing the sexuality even of the best men, they would shudder at the risk they run. Don't do it, ladies!

The enjoyments of that delightful period of life between the betrothal and marriage should not be unreasonably curtailed.

tate themselves on the change, will have bitterly to rue their error in after years.

**Marriage
Natural and
Beneficial** It is evident that wedded life is the best condition for man. Mortifying the flesh to subdue the sexual passions, as is practiced by ascetics, is more apt to concentrate the attention of the mind on the very things sought to be avoided.

Purity of thought is better accomplished by turning the thoughts, through the action of the will, from sexual things toward the non-sexual. One who has insufficient sleep is always sleepy. One with insufficient food is always hungry. Sexual instincts *properly satisfied* relieve the mind of sexual thoughts. The marriage state makes it possible for man and woman to live a life of continence more successfully than by living a single life.

**Long Life
and
Marriage** Statistics show that married men live longer than bachelors. Married, child-bearing women live longer than spinsters. Wives also have better health than their unmarried sisters. This, too, in spite of the added dangers associated with childbirth. Many delicate and ailing women have become robust during the rest of their

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A Warning It is said, "A woman in love will refuse nothing to a persistent lover." We do not believe it is true; but still we recognize the fact that here is danger. We doubt the genuineness of the "lover" who "persistently" would seek the ruin of the one he loves. But the element of sensuality is very strong in many men, and if there is a want of moral tone in the supposed lover, both the man and maiden may be swept into ruin.

Tests of Virginity Unreliable The consummation of marriage with a virgin is by no means necessarily attended with a flow of blood, and the absence of this sign is not the slightest presumption against her former chastity. In stout blondes it is even the exception rather than the rule; and in all young women who have suffered from leucorrhea, the parts are relaxed and flowing does not occur.

So, too, the presence or absence of the hymen is no test. Frequently it is absent from birth, and in others it is of exceeding tenuity, or only partially represented. There is, in fact, no sign whatever which allows even an expert positively to say that a woman has or has not suffered the approaches of one of the opposite sex.

The true and only test which any man should look for is modesty in demeanor before marriage, absence both of assumed ignorance and a disagreeable familiarity, and a pure and religious frame of mind. Where these are present, he need not doubt that he has a faithful and chaste wife.

**Different
Views on
Sexual
Union**

The practice of married people varies according to the views held by different individuals. It is sad to know that multitudes of married couples go at this matter in a "slam-bang" way, merely as uncontrolled passion dictates, thus impairing themselves and their offspring.

There are three theories, as follows:

1. *Those who claim that the sexual relation should never be entered into except for procreation.*

2. *Those who believe that it is a love act.*

3. *Those who hold that sexual intercourse is a physical necessity for man, but not for woman.*

**First
Theory
Discussed**

Perhaps Dr. Cowan's statement of what he calls true continence will make this matter clear. He says: "The highest enjoyable season at which a healthy woman desires sexual congress is immedi-

ately following the cessation of her monthly menses, and this is the season in which the reproductive element is most intensified, and when her whole organism is ready to take on the loving and holy duties of reproduction—the originating and developing of a new life.

“The man and wife come together at this period with the desire for offspring; impregnation and conception follow, and from that time until the mother has again menstruated—which occurs after the weaning of the child, which in duration extends to about eighteen or twenty-one months—*sexual intercourse should not be had by either husband or wife.*

“‘Do you mean that the man should have no sexual intercourse for twenty-one months?’

“That is precisely what is meant—precisely what nature intended. *This is the only true solution of God’s divine law in the government of the reproductive element in mankind.*

“A continent man, therefore, is one who possesses the power to reproduce his species, and who, through a true life and firm will, exercises his reproductive element only at

the right seasons, and only for the purpose of reproduction." The italics are Dr. Cowan's.

It is not impossible to live up to the theory thus advanced. We have shown in another volume of this series that there are other uses for the reproductive element in man than the generation of offspring. But the altitude is too high for the great mass of mankind.

**The
Second
Theory** The second theory (that coition is a love act) seems to us to be within the bounds of possibility, and has some things in its favor.

The act should be mutual on the part of man and wife; and when procreation is not desired, care should be taken as to the proper time in relation to the monthly period.

This act is a mutual exchange of love, giving health and vigor to each. But more than all, it keeps alive that flame of sacred fire which burns in the breasts of a truly wedded pair. It is an inexplicable bond of union. There is no such thing as "Platonic love" between the sexes; but there is something better—conjugal, maternal and paternal love.

Sex force is the basis of all the nobler attributes of mankind. When Christ wished to illustrate that invisible, loving bond of union between Himself and His people, He used conjugal love as a symbol—He is the bridegroom, the church is the bride.

Herein is where the second theory surpasses both the first and the third. Separation breeds coldness; presence and association give warmth to both love and friendship.

By the third theory, the supposed demands of the husband lead almost universally to over-indulgence, and cause the wife many times to all but abhor the sexual presence of her lascivious husband.

The Third Theory What are some of the results of the third theory? Let us see.

1. In the marriage relation, it requires the wife to be man's prostitute, that the husband may meet the *necessities* (?) of his nature.

2. In the unmarried state, it leads to one or all of the following: Prostitution, fornication, masturbation, or some other abominable practice.

3. In any state, it teaches a double standard of morals, one for man and another for

woman. In such conditions there is no room for Miss Willard's "A White Life for Two."

4. It leads, logically, to over-indulgence in the sexual act. Parents and children are made to suffer. It lowers the whole moral and physical tone of the race. Men and women lose their vitality; the children are puny, scrawny beings, many of whom in early life pass to untimely graves.

We repeat again the statement we have already made: It is not necessary to health to expend man's sexual force.

CHAPTER V

HUSBAND AND WIFE—THE MARRIAGE BED

The Bed-Chamber

The bed-chamber should be large and airy. But very few bed-chambers are sufficiently large to afford plenty of fresh air without some form of ventilation. No one or two or three or more should sleep in an ordinary bedroom without ventilation.

In the Same Bed

Should husband and wife sleep in the same bed? This is customary in America; it is the rule, but, of course, there are exceptions. There are good reasons for both customs. In the light of hygiene, pure and simple, the argument for the single bed is decisive.

It is also claimed that the temptation to sexual over-indulgence is too great. The close and constant contact of bodies leads to excitement, and therefore requires greater will-power to overcome the temptation.

On the other hand, in sleeping apart there is loss of that affection which should subsist between man and wife. In the separation of husband and wife there is danger that the bond of union may be loosened and possibly broken. Separation breeds coldness, distrust and indifference. Nearness of body leads to a nearness of spirit, and mutual trust and love are fostered by the fact of contiguity.

An Exception Only when disease, or some vocation which leads to disturbed slumbers, is to be taken into account, do we recommend the opposite plan. Consumption is contagious, and of course many chronic skin diseases notoriously are so; and if present, it is too severe a demand for the sufferer to make that a healthy person should needlessly be exposed to the danger of illness.

Neatness of Attire Women have more delicate sensibilities than men; they are readily pleased or repulsed by little things; the husband who is anxious to maintain pleasant relations in his home circle will do well not to neglect the cares of toilet.

Frequent changes of underclothing are desirable on this account, as well as for general hygienic reasons, and any pains be-

stowed on keeping the attire neatly arranged and well cared for will not be lost.

Passion in Women There are many females who never feel any sexual excitement whatever; others, again, to a limited degree, are capable of experiencing it. The best mothers, wives and managers of households know little or nothing of the sexual pleasure. Love of home, children and domestic duties are the only passions they feel. As a rule, the modest woman submits to her husband, but only to please him; and, but for the desire of maternity, would far rather be relieved from his attentions. This is doubly true of women during the periods when they are with child, and when they are nursing.

Hallowed Pleasures Jeremy Taylor, the quaint old English divine, says: "Married people must be sure to observe the order of nature and the ends of God. He is an ill husband that uses his wife as a man treats a harlot, having no other end but pleasure. The pleasure should always be joined to one or another of these ends—with a desire for children, or to avoid fornication, or to lighten and ease the cares and sadness of household affairs, or to endear each other, but never

with a purpose, either in act or desire, to separate the sensuality from these ends which hallow it.

“Married people must never force themselves into high and violent lusts with arts and misbecoming devices, but be restrained and temperate in the use of their lawful pleasures.”

**Complete
Cessation**

There are certain periods when a complete cessation should be observed. One of these is during the monthly sickness of the wife, and for a day or two after that epoch.

The Mosaic law pronounces a woman “unclean” for a number of days after her monthly illness.

During pregnancy and nursing, conjugal relations should be few and far between. Some authorities condemn them altogether. Perhaps that is somewhat extravagant. With care, they may do no harm. Miscarriage is sometimes caused by too violent action.

**A Danger-
ous Period**

During and after the change of life, it is also important to observe an unwonted moderation. During that period any unaccustomed excitement of this character may be followed by flooding and

other serious symptoms, while after the crisis has been passed, the sexual appetite itself should wholly or almost wholly disappear.

**Danger of
Excess**

The married man who thinks that because he is a married man he can commit no excess, no matter how often the sexual act is repeated, will suffer as certainly and as seriously as the debauchee who acts on the same principle in his indulgences, perhaps more certainly from his very ignorance, and from his not taking those precautions and following those rules which a career of vice is apt to teach a man. Till he is told, the idea never enters his head that he has been guilty of great and almost criminal excess, nor is this to be wondered at, as such a cause of disease is seldom hinted at by the medical man he consults.

**Nature of
Excess**

The nature of excess may be two-fold; either it is a long-continued indulgence beyond the average power of the man to withstand, or it is brief and violent.

**A Noted
Physician's
Opinion**

"A great excess for a few days only, acting like a 'shock,' may manifest its consequences in the nervous system at a long distant subsequent period. A

sudden, short, yet great excess may be more dangerous than more moderate, albeit excessive indulgence, extending over a long period. In certain constitutions, although only indulged in legitimately and for a short period, as after marriage, such excess may act like a shock or concussion of the spinal cord, or like a blow on the head, and may give rise to serious chronic diseases, as epilepsy, insanity and paralysis."

**A Foolish
Notion**

A foolish notion sometimes prevails that it is necessary to health to have frequent intercourse. There is no condition of life more thoroughly in accordance with perfect vigor than chaste celibacy. Next to this comes moderation in married life. It is never required for sanitary reasons to abuse the privileges which law and usage grant. Any such abuse is pretty sure to bring about debility and disease.

**A General
Rule**

Generally speaking, the hygienic rule is that after the act the body should feel well and strong, the sleep should be sound, and the mind clear. Whenever this is not the case, when the limbs feel languid, the appetite feeble or capricious, the intellect dull and the faculties sluggish,

then there is excess, and the act should be indulged in more rarely.

Those that observe strictly this rule will need no other, and will incur no danger from immoderate indulgence.

**Transmit-
ting of Life** The differences of the sexes, the emotions which depend upon these differences, and the institution of marriage are primarily and directly existent for the purpose of transmitting life, or, to put it more plainly, for having children. Every married couple must distinctly and constantly impress this truth upon their minds, and be governed by it in their life. Whatever relations they bear to each other, whatever duties they may owe to society and themselves, all of them are subordinate to the paramount obligation of having and raising a family. We care not what excuse may be imagined in order to escape this duty, it is inadmissible. Nothing short of positive incapacity can exculpate either party.

**Season for
Conception** It is not only their duty to have, not merely a child or two, but a family of children; but also to do all in their power that their offspring have all the natural advantages which it is possible to give

them. It may not be generally known that this matter touches some of the most intimate and earliest relations of the married couple. But, nowadays, physicians at least are fully satisfied that the season and manner of conception, the condition of father and mother at the time, and several attending circumstances, exercise a most important influence on the newly-formed being.

Nature of Conception Every human being originates from an egg. Every one of us commenced our existence in an egg. The human egg, however, has no shell, and is not, as with fowls and many lower animals, deposited outside the body. The female matures one or several at each of her monthly periods, and they pass from the sac that has hitherto contained them on their way to the outer world. They are so minute that they are hardly visible to the naked eye, and so delicate in structure that they readily perish. They remain a longer or a shorter time in their passage from the spot where they are formed to their destination, sometimes requiring but a day or two, at other times probably a week or two.

**The Egg
and Sperm
Meet**

During this passage, should they come in contact with the secretion of the male, the vibratory bodies called spermatozoa surround the egg, penetrate into it perhaps, and fecundate it. At this moment conception has taken place, and a new member of the species has commenced its individual life.

**An Explan-
ation**

It will be understood that the spermatozoa of man (as in all mammalia) are living, active semi-animals,



SEMEN HIGHLY MAGNIFIED

with the power of *locomotion*, while the female ovum is *passive*, with no power to move itself from place to place. The ovum is moved by forces outside of itself; the spermatozoon seeks the ovum by its own inner

force. Hence, if the spermatozoa be placed within the female vagina by any means, they will find their way into the womb, and if a ripe ovum is in place, there will be a union

of one of the spermatozoa (a spermatozoon) with the ovum, and thus a new life is brought into being.

Artificial Impregnation Union is not essential to impregnation; it is possible for conception to occur without congress. All that is necessary is that seminal animalcules enter the womb and unite there with the egg or ovum, as explained above. It is not essential that the semen be introduced through the medium of the male organ, as it has been demonstrated repeatedly that by means of a syringe and freshly obtained and healthy semen, impregnation can be made to follow by its careful introduction.

THE REPRODUCTIVE ORGANS

1. The bladder, cut open by a crucial incision and the four flaps separated.

2. The ureters.

3. Their vesical orifices.

4. Uvula vesicæ. The triangle formed by the points at 3, 4 is the vesicle triangle.

5. Superior fundus of the bladder.

6. Bas fond of the bladder.

7. The smooth center of the vesical triangle.

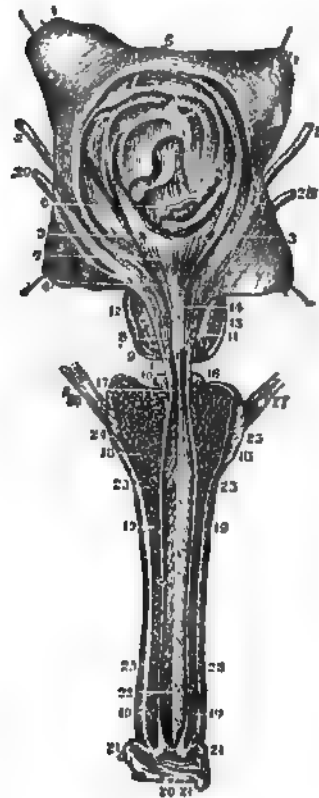


FIG. 370

THE BLADDER AND URETHRA OF
A MAN, LAID OPEN IN ITS
WHOLE LENGTH

8. Verumontanum or caput gallinaginis.
9. Orifice of the ductus ejaculatorius.
10. Depression near the verumontanum.
11. Ducts from the prostate gland.
- 12, 13. Lateral lobes of the prostate gland.
14. Prostatic portion of the urethra; just above is the neck of the bladder.
15. Its membranous portion.
16. One of Cowper's glands.
17. The orifices of their excretory ducts.
18. Section of the bulb of the urethra with its erectile tissue.
19. Cut edges of the corpora cavernosa.
20. Cut edges of the glans penis.
21. Prepuce dissected off.
22. Internal surface of the urethra laid open.
23. Outer surface of corpora cavernosa.
- 24, 25. Accelerator urinæ muscle.
- 26, 27. Erector penis muscle.

THE FEMALE SEXUAL ORGANS

The generative or reproductive organs of the human female are usually divided into the internal and external. Those regarded as internal are concealed from view and protected within the body. Those that can be

readily perceived are termed external. The entrance of the vagina may be stated as the line of demarcation of the two divisions.

**External
Organs**

1. The *labia majora*, or greater lips, and the
2. *Labia minora*, or lesser lips, are formed by double folds extending downward from the *mons veneris*, the prominent eminence formed by fatty tissue, just above the organ.
3. The *clitoris* is a prominent erectile structure situated at the upper part of the opening between the folds of the *labia minora* just where the lips come together. This is the counterpart of the glans penis in man.
4. The *hymen* is a membranous fold which partly closes the opening to the vagina.
5. *Vulva* is a term applied when speaking of all of these external parts.

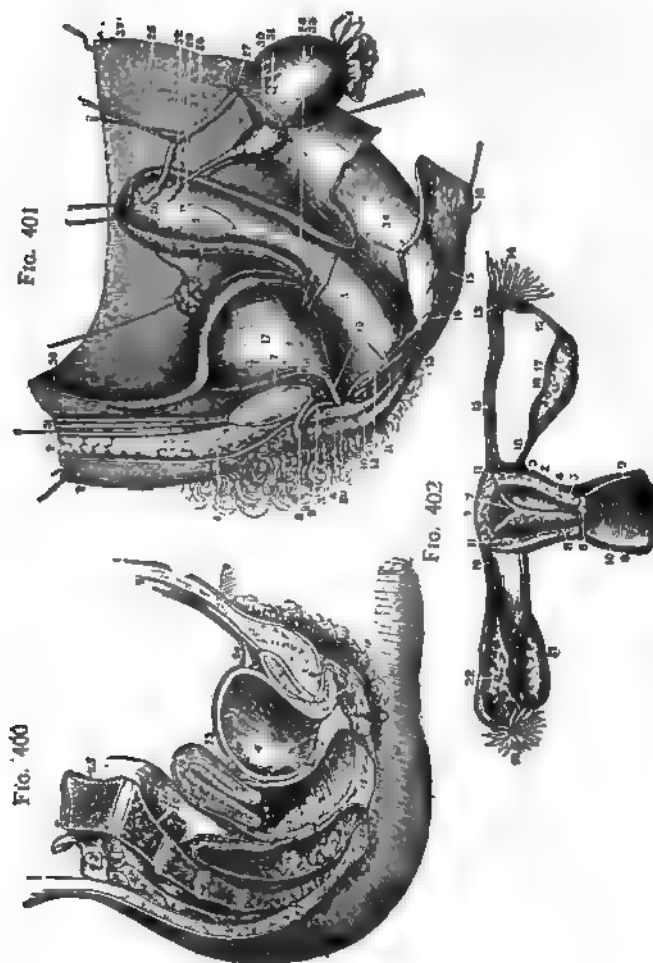
**Internal
Organs**

1. The *vagina* is a canal about five or six inches long, which extends from the vulva to the uterus. This organ is very distensible, and plays an important part in childbirth.
2. The *uterus* is situated between the bladder and the rectum in the cavity of the pelvis. It is held in position by the broad

bands of peritoneum on each side, which extend from the sides of the uterus to the walls of the pelvis, and is supported by the uterus.

3. The *fallopian tubes* are two in number, situated one on each side of the uterus, in the broad ligament extending from the uterus to the sides of the pelvis. They convey the ova from the ovaries to the cavity of the uterus.

4. The *ovaries* are oval shaped bodies situated one on each side of the uterus, behind and below the fallopian tubes, in the posterior part of the broad ligament. They are about an inch and a half long, three-quarters of an inch wide, and one-third of an inch thick.



FEMALE ORGANS OF GENERATION

FIG. 400

A SIDE VIEW OF THE VISCERA OF THE FEMALE PELVIS

- | | |
|--------------------------------------|--|
| 1. Symphysis Pubis. | 15. Section of the Perineum. |
| 2. Abdominal Parietes. | 16. Os Uteri. |
| 3. The Fat forming the Mons Veneris. | 17. Cervix Uteri. |
| 4. The Bladder. | 18. Fundus Uteri. |
| 5. Entrance of the Left Urethra. | 19. The Rectum. |
| 6. Canal of the Urethra. | 20. The Anus. |
| 7. Meatus Urinarius. | 21. Upper Portion of the Rectum. |
| 8. The Clitoris and its Prepuce. | 22. Recto-Uterine Fold of the Peritoneum. |
| 9. Left Nympha. | 23. Utero-Vesical Reflection of the Peritoneum. |
| 10. Left Labium Majus. | 24. The Peritoneum reflected on the Bladder from the Abdominal Parietes. |
| 11. Orifice of the Vagina. | 25. Last Lumbar Vertebra. |
| 12. Its Canal and Transverse Rugæ. | 26. The Sacrum. |
| 13. The Vesico-Vaginal Septum. | 27. The Coccyx. |
| 14. The Vagino-Rectal Septum. | |

FIG. 401

A VERTICAL SECTION THROUGH THE LINEA ALBA AND SYMPHYSIS PUBIS SO AS TO SHOW THE BLADDER, VAGINA, UTERUS AND RECTUM IN SITU.—THE PERITONEUM HAS BEEN CUT AT THE POINTS WHERE IT IS REFLECTED

- | | |
|---|--|
| 1. Anterior Parietes of the Abdomen. | 23. Left Side of the Vagina. |
| 2. Sub-Cutaneous Cellular Tissue. | 24. Left Side of the Neck of the Uterus outside of the Vagina. |
| 3. Hairs on the Mons Veneris. | 25. Fundus of the Uterus. |
| 4. Cellular Tissue on the Mons Veneris. | 26. Left Fallopian Tube separated from the Peritoneum. |
| 5. Rectus Abdominis of the Right Side. | 27. Its Fimbriated Extremity. |
| 6. Right Labia Majora. | 28. Its Entrance into the Uterus. |
| 7. Symphysis Pubis. | 29. Left Round Ligament. |
| 8. The Clitoris. | 30. Left Ovary. |
| 9. Its opposite Crus. | 31. Fimbriated Portion which unites the Tube to the Ovary. |
| 10. Right Labia Minora. | 32. Insertion of the Ligament of the Ovary to the Uterus. |
| 11. Orifice of the Vagina. | 33. Right Broad Ligament of the Uterus. |
| 12. Portion of the Left Labia Minora. | 34. Lower Portion of the Rectum. |
| 13. The Fourchette, or Posterior Commissure of the Vulva. | 35. Rectum turned off and tied. |
| 14. The Perineum. | 36. The Peritoneum lining the Anterior Parietes of the Abdomen. |
| 15. The Anus. | 37. The Peritoneum which covers the Posterior Parietes of the Abdomen. |
| 16. A portion of the Integuments of the Buttock. | |
| 17. Left Side of the Bladder. | |
| 18. Neck of the Bladder. | |
| 19. The Urethra. | |
| 20. Meatus Urinarius. | |
| 21. Entrance of the Left Ureter into the Bladder. | |
| 22. Left Ureter cut off. | |

FIG. 402

THE UTERUS, FALLOPIAN TUBES, OVARIES AND A PART OF THE VAGINA OF A FEMALE OF SIXTEEN YEARS. ON ONE SIDE THE TUBE AND OVARY IS DIVIDED VERTICALLY; THE OTHER SIDE IS UNTOUCHED. THE ANTERIOR PORTION OF THE UTERUS AND VAGINA HAVE ALSO BEEN REMOVED

- | | |
|---|--|
| 1. Fundus of the Uterus. | 11. Openings of Fallopian Tubes into Uterus. |
| 2. Thickness of its Parieties anteriorly. | 12. Cavity of the Left Tube. |
| 3. External Surface of the Uterus. | 13. Its Pavilion. |
| 4. Section of the Neck of the Uterus. | 14. Corpus Fimbriatum. |
| 5. Section of the Anterior Lip. | 15. Its Union with the Ovary. |
| 6. Its Posterior Lip untouched. | 16. Left Ovary vertically divided. |
| 7. Cavity of the Uterus. | 17. The Vesicles in its Tissue. |
| 8. Cavity of its Neck. | 18. Ligament of the Ovary. |
| 9. Thickness of the Walls of the Vagina. | 19. Right Fallopian Tube, untouched. |
| 10. Its Cavity and Posterior Parietes. | 20. Its Corpus Fimbriatum. |
| | 21. Right Ovary. |
| | 22. The Broad Ligament. |

CHAPTER VI

CHILD-BEARING—PREGNANCY

**Veneration
for the
Pregnant** “In no period of her life is woman the subject of interest so profound and general as at the time when she approaches the sacred threshold of maternity. The young virgin and the new wife have pleased by their grace, spirit and beauty. The pregnant wife is an object of active benevolence and religious respect. It is interesting to note how, at all times and in all countries, she has been treated with considerate kindness and great deference. She has been made the subject of public veneration, and sometimes even of religious worship. At Athens and at Carthage the murderer escaped from the sword of justice if he sought refuge in the house of a pregnant woman. The Jews allowed her to eat forbidden meats. The laws of Moses pronounced the penalty of death against all those who by bad treatment or any act of violence caused a woman to abort.

Lycurgus compared women who died in pregnancy to the brave dead on the field of honor, and accorded to them sepulchral inscriptions. In ancient Rome, where all citizens were obliged to rise and stand during the passage of a magistrate, wives were excused from rendering this mark of respect, for the reason that the exertion and hurry of the movement might be injurious to them in the state in which they were supposed to be. In the kingdom of Pannonia all enceinte women were in such veneration that a man meeting one on the road was obliged, under penalty of a fine, to turn back and accompany and protect her to her place of destination. The Catholic church has in all times exempted pregnant wives from fasts. The Egyptians decreed, and in most Christian countries the law at the present time obtains, that if a woman shall be convicted of an offense the punishment of which is death, the sentence shall not be executed if it be proved that she is pregnant."—*Geo. H. Napheys, M.D.*

**Signs of
Pregnancy**

One of the first signs of pregnancy is that of the cessation of the menses. As a sign, it is not to be de-

pended upon by itself alone. Ceasing to be “unwell” may arise from various causes. In the great majority of cases, however, the menses cease to flow after conception has taken place. One sign, with many women, is an increase in the size of the neck, which usually occurs in a few days after conception.

Sometimes women menstruate during the entire period of gestation. This, of course, is an abnormal condition and should be remedied.

Again, women who have never menstruated have been known to bear children.

Pregnancy seldom takes place under such conditions, but it is not an unusual occurrence for women not to menstruate from one pregnancy to another. This indicates too rapid child-bearing.

Morning Sickness Morning sickness is regarded as one of the most reliable early symptoms. If it appears at all, it generally occurs within three weeks, and may present itself within a few days after conception. This derangement of the stomach is manifested in various ways. Frequently there is great loathing of food, nausea of a most distressing character, and vomiting of anything taken into the stomach, particularly in the

morning. Many women, however, are never troubled with the morning sickness. There is also in some cases a certain longing for unusual articles of food, and when not gratified in her fancies, the individual exhibits such disappointment that it is certainly better to indulge her vagaries, when not positively injurious. Usually all disturbances of the stomach disappear by the third or fourth month, the appetite becomes regular and the digestion good, and the whole body takes on an appearance of bloom and health.

Urinary Troubles In the beginning of pregnancy there is often the desire to empty the bladder frequently, or there may be other annoying symptoms. These are chiefly due to the irritation caused by the pressure of the growing uterus against the bladder, and disappear after the first few weeks.

External Signs Owing to the direct and intimate sympathy existing between the uterus and breasts, pregnancy is generally indicated by changes in the latter organs. They may become somewhat painful and swollen, the nipple is elevated, and the areola, or circle around it, assumes a dark brown hue, and is dotted with small tu-

bercles. The nipple enlarges, and as pregnancy advances milk can be forced from it by pressure. Milk in the breasts, however minute in quantity, is a pretty sure sign, especially in a first pregnancy. Great importance is attached to the increased darkness in the color of the circle around the nipple, and it is a sign which rarely fails; like all presumptive signs of early pregnancy, though it can hardly be relied upon alone.

Besides the changes in the nipple and the enlargement of the breast, the veins look more blue, and the whole substance is firmer and more knotty to the touch.

Enlargement of the abdomen, though an invariable accompaniment of pregnancy, can not positively be relied upon as a symptom, as other causes may produce it; besides, in many cases the development of the abdomen is not observed till rather late.

It may be occasioned by various causes. Instances are quite common where women have made careful preparation for confinement, only to be disappointed by finding they were suffering from some serious disease causing suppression of the menses.

From the third to the eighth month the abdomen continues to enlarge.

Quickening The movements of the child occur from the eighteenth to the twentieth week. Sometimes these motions begin as early as the third month, and then they are a feeble fluttering only, causing unpleasant sensations of fainting and nausea.

The motion of the child is regarded by women of experience as an unfailing sign. But cases are common where the throbbing of a tumor and other causes have been mistaken for fetal movements. Though at first feeble, after a time the motions become more quick and frequent, and a woman is not only able to recognize her condition, but the very period of her pregnancy.

The Fetal Heart In the fifth month there is a sign which, if detected, furnishes clear evidence of conception, and that is the sound of the child's heart. If the ear be placed on the abdomen over the womb, the beating of the fetal heart can sometimes be heard quite plainly; and by the use of a stethoscope, the sounds can be heard still more plainly. This is a very valuable sign, inasmuch as the presence of the child is not only ascertained, but also its position, and whether there are twins or more.

Will It Be a
Boy or a
Girl, or
Twins?

By the use of the stethoscope, during the last three months of pregnancy, may be ascertained the sex of the fetus; even without that instrument, the inquirer, if he possess good hearing, may decide this; for science states that the number of beats to the minute of the fetal male heart is from 120 to 130; those of a female, from 140 to 150. The ear should be pressed firmly against the abdomen. In the same way, if *two* distinct pulse-beats of different rapidity are made out, *twins* may be suspected; especially if two prominences appear in the shape of the abdomen with some depression between; unusual *size* would be merely corroborative and not alone of particular value for a decision.

Other
Signs

Some women are afflicted by the appearance of more or less prominent and dark yellowish-brown spots or patches on the face, generally upon the forehead, nose and over the cheek bones. These disappear after the birth.

While before the fifth month there is no one sign that may be depended on with absolute certainty, any person with ordinary powers of observation will have little trouble

in distinguishing pregnancy from other conditions that bear more or less resemblance. After the fetal heart-beat is detected no further difficulty will be experienced, for in that we have a sure sign of pregnancy.

The morning sickness, though a valuable sign, is by no means constant.

Even in the absence of some symptoms, there will not be much trouble, as a rule, to recognize the true condition, especially if the menses have ceased.

**Changes in
the Mind**

The most wonderful of all the changes which attend pregnancy are those in the nervous system. The woman is rendered more susceptible, more impressionable. Her character is transformed. She is no longer pleasant, confiding, gentle and gay. She becomes hasty, passionate, jealous and bitter. But in those who are naturally fretful and bad-tempered a change for the better is sometimes observed, so that the members of the household learn from experience to hail with delight the mother's pregnancy as a period when clouds and storms give place to sunshine and quietness. In some rare cases, also, pregnancy confers increased force

and elevation to the ideas, and augmented power to the intellect.

To Calculate Time of Birth If the precise day on which conception took place were known there would be no difficulty in calculating the time that delivery should occur. The usual number of days for the duration of pregnancy is two hundred eighty (280) days or forty (40) weeks. While this is the average, there are undoubtedly cases in which the time is exceeded, or fallen short of, by a few days.

First children are frequently born within less than 280 days; and the fact of a woman giving birth to her first child within a little less than nine months of her marriage, should not necessarily fix upon her the charge of unfaithfulness or bring her virtue into question.

Legitimate Birth Different countries vary somewhat in their laws affecting the legitimacy of children, though in the main there is not a wide variation. The usual legal time is fixed at nine calendar months, allowing a latitude of a few days on either side. France does not call the legitimacy of a child into question who has been born three

hundred days after the death or absence of the legal parent. According to the laws of Scotland, a child is a bastard who is born later than ten calendar months after the absence of the legal husband.

**Unusual
Cases**

Women about whom there can be no doubt have gone ten months with child, and cases have been reported of eleven, and even twelve months; but these are, of course, very exceptional, and about which some doubt might be entertained. On the contrary, there are many well-authenticated cases of children born seven months after conception. These varying cases have been the cause of much domestic trouble and even of divorces. The question of the extreme limit has always been an important one, interesting not only the parties concerned and the medical men, but bearing also much legal significance.

**Where to
Commence
to Count**

It is customary among some women to count from the middle of the month after the appearance of the last menstruation; this is the most usual mode with all in fact, but taking into consideration the process of ovulation, the time during which the egg ripens and leaves the

ovary, it would appear that the period most liable to conception, and therefore the safest to count from, is that closely following or preceding menstruation. It is at those times that the germ from the male is most apt to meet with and impregnate the female egg.

If a woman passes over the ninth month, she will probably go on to the tenth month before delivery takes place.

Healthfulness of Maternity Thin women become plump during pregnancy; symptoms of poor health often disappear at this time from the lives of many women. Nature seems to gather all her forces to ward off disease, and to guard both mother and child through the great process. *Nothing can be more conducive to the good health of women than occasional child-bearing.* If the reader does not believe this, let him (or her) take a little time to run over in mind the matrons on the one hand, and the spinsters and non-child-bearing wives on the other, and compare the two classes as to health and vigor.

No woman of sense enough to follow the instructions of a proper treatise on child-bearing should make a bugaboo of any of the various stages of maternity, when all the

testimony is so overwhelmingly in favor of its healthfulness.

Premature Births The earliest period that a child can be brought into the world and live is not fully determined. It is a common opinion that a child can not live if born before seven months. But it is well known that sixth month's children *and less* have lived, grown to maturity, and enjoyed good health.

The cases where a child lives when born under seven months are exceedingly rare; but after that age has been reached the chances are, under proper care, much in favor of the child, if well developed.

Miscarriage Miscarriage is most frequent in the earlier months of gestation. Women who have had miscarriage once are liable to experience the same again at about the same time of pregnancy.

Dangers to Mother Wives are too much in the habit of making light of miscarriages. They are much more frequently followed by disease of the womb than are confinements at full term. There is a greater amount of injury done to the parts than in natural labor.

Menstruation soon returns; conception may quickly follow. Unhappily, there is no custom requiring husband and wife to sleep apart for a month after a miscarriage as there is after a confinement. Hence, especially if there be any pre-existing uterine disease, or a predisposition thereto, miscarriage is a serious thing.

Causes of Miscarriage The irritation of hemorrhoids or straining at stool will sometimes provoke an early expulsion of a child. Excessive intercourse by the newly married is a very frequent cause. Bathing in the ocean has been known to produce it. Nursing is exceedingly apt to do so. It has been shown by a distinguished medical writer that, in a given number of instances, miscarriage occurred in seventeen per cent. of cases in which the woman conceived while nursing, and in only ten per cent. where conception occurs at some other time. A wife, therefore, who suspects herself to be pregnant, should wean her child.

Over-exertion, over-excitement, a fall, a blow, any violent emotion, such as anger, sudden and excessive joy, or fright; running, dancing, horseback riding, riding over rough

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roads, great fatigue, lifting heavy weights, purgative medicines, displacement of the womb, general ill-health, are all well-known causes of miscarriage, in addition to those before mentioned.

Prevention The way to prevent miscarriage is to lead a quiet life, particularly during those days of each successive month when, under other circumstances, the woman would menstruate; and to abstain during those days not only from long walks and parties, but also from sexual intercourse.

It is especially desirable to avoid a miscarriage in the first pregnancy, for fear that the habit of miscarrying shall then be set up, which it will be very difficult to eradicate. Therefore newly-married women should carefully avoid all causes which are known to induce the premature expulsion of the child. If it should take place in spite of all precautions, extraordinary care should be exercised in the subsequent pregnancy, to prevent its recurrence.

Interdict sexual intercourse until after the fifth month; for if the pregnancy pass beyond this period, the chances of miscarriage will be much diminished.

If the *symptoms of miscarriage*, which may be expressed in the two words *pain* and *flooding*, should make their appearance, the doctor ought to be sent for at once, the wife awaiting his arrival in a recumbent position. He may even then be able to avert the impending danger. At any rate, his services are as necessary, and often even more so, as in a labor at full term.

CHAPTER VII

PAINLESS PREGNANCY AND CHILDBIRTH

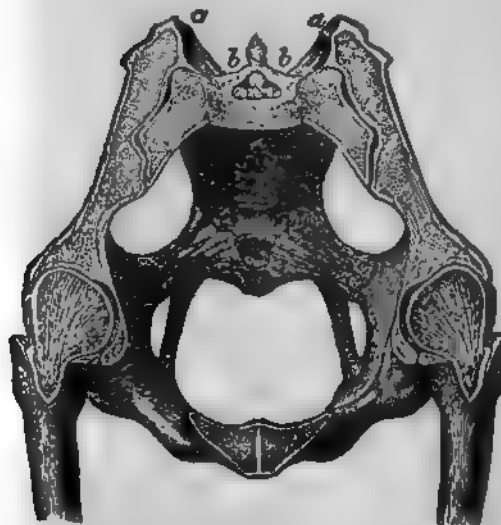
The entire period of time from conception to childbirth is for the wife a most critical time, for only at the cost of great physical suffering and danger does she realize the joys of motherhood. While this statement is world-wide in its application, civilized women of the most highly nervous and intellectual types suffer most, the reason being the pace at which we live in modern days has left a definite impress on woman-kind, making such drafts on their stores of nervous energy that it has shown in increasing severity of labor pains.

Uses of Pain Not many at the present day contend that pain in itself is a good thing. It indeed serves a useful purpose in the economy of life, since it warns us of broken laws, but that does not prevent us from making use of every means known to science to alleviate suffering in surgical operations. The discovery of anesthetics is

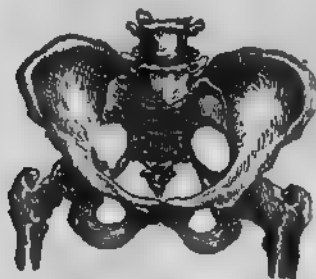
rightly regarded as one of the greatest achievements of modern science. Many delicate operations, which result in saving of life and restoration of health, would be impossible if the subject could not be rendered unconscious during the operation. But Sir James Simpson declares that, "the total sum of pain attendant upon natural labor is as great, if not greater, than that attendant upon most surgical operations."

**Medical
Research**

This subject has been made the object of much careful research on the part of the medical profession, and valuable treatises have appeared covering the general subject containing directions how to secure a comfortable period of pregnancy and painless delivery. For practical home-life purposes, the hygienic rules to be observed during pregnancy may be summed up as follows: 1. An unconfined and lightly burdened waist. 2. Moderate but persistent outdoor exercise, of which walking is the best form. 3. A plain, unstimulating, chiefly fruit and vegetable diet. 4. Little or no intercourse during the time. These are hygienic rules of benefit under any ordinary conditions; yet they are violated by almost every



"THE HOUSE WE LIVE IN" FOR NINE MONTHS: SHOWING THE AMPLE ROOM PROVIDED BY NATURE WHEN UN-CONTRACTED BY INHERITED INFERIORITY OF FORM OR ARTIFICIAL DRESSING



A CONTRACTED PELVIS. DEFORMITY AND INSUFFICIENT SPACE

pregnant woman. If hygienic rules are followed, biliousness, indigestion, constipation, swollen limbs, morning sickness and nausea, all will absent themselves or be much lessened.

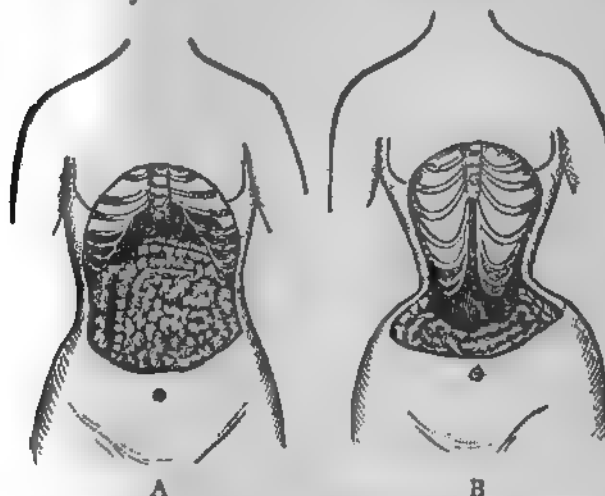
The above is a statement in a "nutshell" of the whole matter of painless childbirth labor; but for emphasis we add some definite information.

Tight Lacing of Mothers No tongue can tell, no finite mind can conceive, the misery tight lacing has produced, nor the number of deaths, directly or indirectly, of young women, bearing mothers and weakly infants it has occasioned.

If the murderous practice continues another generation, it will bury all the middle and upper classes of women and children and leave propagation to the coarse-grained, but healthy, lower class. However, we are glad to add that a reform in this respect has set in of recent years.

Clothing The weight of the skirts should rest entirely on the shoulders by means of straps. No weight or tightness should be permitted on the hips or around the waist.

The amount of clothing should be suited to the season, but increased rather than diminished, owing to the great susceptibility of the system to the vicissitudes of the



A
The ribs of large curve;
the lungs large and roomy;
the liver, stomach and bow-
els in their normal position;
all with abundant room.

B
The ribs bent almost to
; the lungs contracted;
ver, stomach and intes-
forced down into the
, crowding the womb
sly.

NATURE VERSUS C

ILLUSTRATED

weather. It is especially important that flannel drawers should be worn during advanced pregnancy, as the loose dress favors the admission of cold air to the unprotected parts of the body.

Care of Lower Limbs Pressure upon the lower limbs, in the neighborhood of the knee or the ankle joint, should be avoided, more particularly toward the last months. It is apt to produce enlargement and knotting of the veins, swelling and ulcers of the legs, by which many women are crippled during their pregnancies, and sometimes through life. Therefore the garters should not be tightly drawn, and gaiters should not be too closely fitted, though they should firmly support the ankle.

Exercise Moderate exercise in the open air is proper and conducive to health during the whole period of pregnancy. It should never be so active nor so prolonged as to induce fatigue. Walking is the best form of exercise. Riding in a badly constructed carriage, or over a rough road, or upon horseback, as well as running, dancing, and lifting or carrying heavy weights, should be scrupulously avoided, being liable to cause rupture, severe flooding and miscarriage. Journeys are not to be taken. Exercise and fresh air are of the greatest importance to mother and child. The mother should not force herself to go to a certain place nor to

walk during a certain time in a day. As soon as fatigue is felt, stop walking. A tendency to indolence must be overcome. A gentle activity is better and beneficial. Toward the end of pregnancy the wife should economize her forces. She should not remain long standing or kneeling, nor sit in either of these postures.

Bathing Those who have not been accustomed to bathing often should not begin the practice during pregnancy, and in any case great care should be exercised during the latter months. It is better to preserve cleanliness by sponging with tepid water than by entire baths. Foot baths are always dangerous. Sea bathing sometimes causes miscarriage, but sea air and the sponging of the body with salt water are beneficial. The shower bath is of course too great a shock to the system, and a very warm bath is too relaxing. In some women of a nervous temperament, a lukewarm bath taken occasionally at night during pregnancy has a calming influence. This is especially the case in the first and last month. But women of a lymphatic temperament and of a relaxed habit of body are always injured by the bath.

Ventilation Attention should also be directed to keeping the atmosphere in the sitting and sleeping rooms of the house fresh. This can only be accomplished by constantly changing it. The doors and windows of every room, while unoccupied, should be kept thrown open in the summertime, and opened sufficiently often in the winter to wash out the apartments several times a day with fresh air. The extremes of heat and cold are to be avoided with equal care. The house should be kept light. Young plants will not grow well in the dark; neither will the young child nor its mother flourish without sunlight. The ancients were so well aware of this that they constructed on the top of each house a solarium, or solar air bath, where they basked daily, in thin attire, in the direct rays of the sun.

Sleep During pregnancy a large amount of sleep is required. It has a sedative influence upon the disturbed nervous system of the mother. It favors, by the calmness of all the functions which attends it, the growth of the fetus. Neither the pursuit of pleasure in the evening, nor the observance of any trite maxims in regard to early rising in the

morning, should be allowed to curtail the hours devoted to sleep. At least eight hours out of the twenty-four can well be spent in bed.

The Mind A tranquil mind is of the first importance to the pregnant woman. Gloomy forebodings should not be encouraged. Pregnancy and labor are not, we repeat, diseased conditions. They are healthful processes, and should be looked upon as such by every woman. Bad labors are very infrequent. It is as foolish to dread them as it is for the railway traveler to give way to misgivings in regard to his safety. Instead of desponding, science bids the woman to look forward with cheerfulness and hope to the joys of maternity.

Food The nourishment taken during pregnancy should be abundant, but not larger in quantity than usual in the early months. Excess in eating or drinking ought to be most carefully avoided. The food is to be taken at shorter intervals than is common, and it should be plain, simple and nutritious. Fatty articles, the coarser vegetables, highly salted and sweet food, if found to disagree, as is often the case, should be abstained from.

The flesh of young animals—as lamb, veal, chicken and fresh fish—is wholesome, and generally agrees with the stomach. Ripe fruits are beneficial. The diet should be varied as much as possible from day to day. The craving which some women have in the night or early morning may be relieved by a biscuit, a little milk, or a cup of coffee. When taken a few hours before rising, they will generally be retained and prove very gratifying, even though the morning sickness be troublesome. Any food or medicine that will confine or derange the bowels is to be forbidden. The taste is, as a rule, a safe guide, and it may be reasonably indulged. But inordinate, capricious desires for improper, noxious articles should, of course, be opposed.

A FEW DON'TS FOR PREGNANT WOMEN

1. Don't permit yourself to become constipated—no, not for one day.
2. Don't permit yourself to become bilious. Use all your hygienic knowledge to keep yourself from becoming so.
3. Don't force your appetite. Let hunger demand the food.

4. Don't be too sedentary in your habits. Take sufficient gentle exercise.

5. Don't overwork or do heavy lifting and the like.

6. Don't overtax the brain or the nervous system. Live a quiet life.

7. Don't in any way confine the temporary home of the little one resting under your heart.

8. Don't eat indigestible or constipating foods.

Use of Anesthetics Is it possible to avoid the throes of labor, and have children without suffering? Yes. Medical art brings the waters of Lethe to the bedside of woman in her hour of trial.

Anesthetics are now used successfully here as in surgery and other painful cases. Their administration is never pushed so as to produce complete unconsciousness, unless some operation is necessary, but merely so as to diminish sensibility and render the pains endurable. These agents are thus given without injury to the child, and without retarding the labor or exposing the mother to any danger. When properly employed, they induce refreshing sleep, revive

the drooping nervous system, and expedite the delivery.

They should never be used in the absence of the doctor. He alone is competent to give them with safety. In natural, easy and short labor, where the pains are readily borne, they are not required. But in those lingering cases in which the suffering is extreme, and, above all, in those instances where instruments have to be employed, ether and chloroform have a value beyond all price.

Twilight Sleep This is the name of a state of consciousness produced by a judicious use of narcotics whereby the blessings of painless labor are said to be assured. As at present applied, this method can not be successfully employed outside of a well-equipped hospital. It is, however, thought that further development in technic will enable it to be quite extensively employed in private practice.

The Aim Sought The problem is to find a remedy for the pangs of childbirth. Whatever assuages pain has a most beneficial effect on the health of the mother, and what is of equal importance, it lifts the

burden of fear from her mind. Many feel that this problem is something far more than the abolishing of pain. It is rightfully regarded as one of the most important problems of modern times. Rightfully solved, it means more children (increasing birth rate) and healthier children; stronger, more contented and happier mothers, all of which means that the world itself will be better. This is the goal, to achieve which medical science is putting forth its best energies.

CHAPTER VIII

CONFINEMENT

WHERE DID THE BABY COME FROM?

Where did you come from, baby dear?
Out of the everywhere into here.

Where did you get the eyes so blue?
Out of the sky, as I came through.

Where did you get that little tear?
I found it waiting when I got here.

What makes your forehead so smooth and high?
A soft hand stroked it as I went by.

What makes your cheek like a warm, white rose?
I saw something better than anyone knows.

Whence that three-cornered smile of bliss?
Three angels gave me at once a kiss.

Where did you get this pretty ear?
God spoke, and it came out to hear.

Where did you get those arms and hands?
Love made itself into hooks and bands.

Feet, whence did you come, you darling things?
From the same box as the cherub's wings.

How did they all come just to be you?
God thought of *me*, and so I grew.

But, how did you come to us, you dear?
God thought about *you*, and so I am here.

—*George Macdonald.*

**Prepara-
tion for
Confinement**

Before confinement, before labor really commences, everything pertaining to the proper arrangement of the lying-in room, everything necessary to the safe and successful conduct of the labor, and everything essential to the comfort and welfare of both mother and child, should be in complete and perfect readiness. Let no patient be dilatory in these matters. Nothing, however seemingly unimportant it may be, should be put off to the last moment. The nurse should be engaged six or eight weeks beforehand, and should be a woman of good reputation for skill, cleanliness and quiet. Some nurses are slovenly and given to constant gossip and chatter. The physician should also be spoken to. It will be well if the advice of a lady friend of experience in the cares of maternity can be had regarding the details of preparation.

**Necessary
Articles**

The arrangement of the bed and bedclothing, the dress of the patient, and the many small but necessary articles that should be on hand and ready for immediate use, must all receive their due share of attention. Among other things that

the patient may deem necessary, there should be provided a skein of strong thread, a good pair of scissors, some pure lard or sweet oil; all things, in fact, necessary to the mother or babe should be placed in such order that they can be found without bustle or confusion the moment they are wanted.

The clothing should be perfectly loose, and sufficiently warm to permit the patient to get out of bed if necessary to do so. The following very suitable garments have been recommended: a clean and comfortable nightgown should be put on, and, that it may not become soiled, rolled carefully and smoothly up about the waist when the lady lies down; over this, a short bed-gown reaching to the hips; to meet this a flannel, or, better, a plaited cotton petticoat, is next put on; and over the whole may be worn a dressing gown until taken to the bed.

Dressings for the Bed There are certain articles of clothing and dressings for the bed that should be cared for in advance, so that they may be ready when required.

It is of consequence to procure a proper bandage. It should be made of heavy muslin, neither too coarse nor too fine; an

ordinarily good quality of unbleached muslin is the best. The material is to be cut bias, about one and a quarter yards long.

The Bed In the preparation of the bed, a rubber, oil or waterproof cloth is necessary. The bed should be made as usual, except that a sheet folded several times ought to be placed beneath the lower sheet. On the top of the lower sheet should be placed the rubber or oil cloth, and on top of this again another folded sheet. By this arrangement the necessity of making up the bed after the birth of the child is obviated, as the soiled clothes can all be removed without disturbing the bed and mother.

A bed used for this purpose should always have a good, firm, smooth mattress, *not feathers*.

Other Preparations As soon as it is evident that labor has begun, warm water should be in readiness. The lying-in chamber should be kept comfortable, quiet and well ventilated.

Persons Present No more people should be allowed in the room than the nature of the case absolutely requires. Should the

husband be present? Yes, if the wife says so; she, in all probability, wants and needs his sympathy and encouragement.

The only other necessary attendants are the doctor and the nurse. Possibly some close, intimate lady friend might be helpful with her sympathy and encouragement. But we insist that all present be cool-headed; it is no place for nervous people.

**Position
Chosen**

The position chosen during delivery may be on the back, though some women prefer to lie on their side, with a pillow between the knees; some would rather stand; while others desire to place themselves on their knees during a part of the time. On the left side is undoubtedly the most convenient, though this position may be changed frequently with advantage under different circumstances.

**Food Dur-
ing Labor**

Solid food should be avoided, and nothing in shape of nourishment taken but a little milk, broth or soup. Even these are not desired, usually, unless the labor is protracted and the system weakened.

Spirituous or malt liquors, and stimulating drinks of any kind, are best let alone at this

time, from the danger of their producing congestion or inflammation. A little wine may sometimes be needed in cases of great exhaustion, but if stimulants are required during labor, great caution and discrimination must be exercised in their administration.

Simple cold water is as refreshing as need be, but if lemonade, tea, toast or barley water are preferred, they may be given without fear of evil consequences. A very good beverage during labor is a cup of warm tea; this will be found grateful and refreshing.

As for solid food, it is not only improper at this time, but the patient will usually have no appetite for it, and the stomach will refuse it.

**Avoid Con-
stipation**

To see that there is now no constipation, no accumulation within the rectum, is a matter of such consequence to the patient that it should under no circumstances be neglected. A free evacuation of the bowels, giving the neighboring parts more room, will very much expedite the progress of labor and abridge the pain.

When the first premonitory symptoms of the approaching labor are noticed, a little castor oil, one or two teaspoonfuls, accord-

ing to the quantity required, may at once be taken if the bowels have been at all costive. If the patient objects to oil, an injection should be prescribed instead. A pint of warm water thrown into the rectum will soon have the desired effect. The bladder, which, when distended, encroaches upon and crowds the adjoining parts, should be often emptied during the progress of labor; by so doing, the patient will have more ease and comfort and her case will be much expedited.

Articles for the Little Stranger A package of large pins, one and a half inches in length, for the bandage of the mother, and smaller ones for that of the child; some good linen bobbin for the doctor to tie the navel-string; good toilet soap and fine surgical sponge for washing the child; a piece of linen or muslin for dressing the navel; a box of unirritating powder, and a pile of towels, should all be had and laid aside weeks before they are wanted.

These, together with the materials for dressing the bed, the child's clothing, and the mother's bandage, ought to be placed in a basket secured for the purpose, in order that they may be easily and certainly found

at the time when perhaps the hurry and excitement of the moment would render it difficult otherwise to collect them immediately.

Signs of Approaching Labor One of the earliest of the preliminary signs of the coming on of confinement occurs about two weeks before that event. It is a dropping or subsidence of the womb. The summit of that organ then descends, in most cases, from above to below the umbilicus, and the abdomen becomes smaller. The stomach and lungs are relieved from pressure, the woman breathes more freely, the sense of oppression that troubled her before is lost, and she says she feels comfortable. This feeling of lightness increases, and a few days before the labor she feels so much better that she thinks she will take an extra amount of exercise.

A second sign of labor is found in the increased fullness of the external parts, and more mucus secretions. This symptom is a good one.

Symptoms of Actual Labor The first symptom of actual labor is generally the discharge of the plug of mucus which has occupied the neck

of the womb up to this time; this action is usually accompanied by a little blood.

Perhaps before this, or it may be some hours after, the *pains* will develop themselves. These recur periodically, at intervals of an hour or half an hour at the outset, and are “grinding” in character. True labor pains are distinguished from false by the fact that they are felt in the back, passing on to the thighs, while false pains are referred to the abdomen; by their intermittent character, and by the steady increase in their frequency and severity. In case of doubt as to their exact nature, the doctor should be summoned, who will be able to determine positively whether or not labor has begun.

Cause of Labor Pains The contractions of the womb cause the *pains*. This organ is assisted by the abdominal muscles and the diaphragm. It is the effort of nature to expel the child.

Labor Pains Up to this time the pains have been of a “grinding” character, and the intervals have been long, usually from a half hour to two hours; but soon—the length of time is uncertain—they alter, and

become "bearing down;" they are now more frequent and regular, and the skin becomes hotter and bathed in perspiration.

True labor pains intermit with periods of almost perfect ease; they are also situated in the womb or adjacent parts, especially in the back and loins. They come on at regular intervals, rise gradually to a certain pitch of intensity, and then gradually subside. They are not sharp and abrupt; but are deep, dull and heavy. When they assume the "bearing down" character, the physician's presence becomes very necessary; if the "waters break" before this, he should be summoned at once, even if there are no true pains, as it is essential that he know the exact "presentation" of the child, and whether the umbilical cord or either of the child's arms has descended.

Three Stages of Labor Pains A natural labor is usually divided into three stages, and in order that it may be better understood, we will explain that the *premonitory* or *first stage* comprises the *subsidence* (dropping) of the womb and the coming away of the blood-tinged mucus from the vagina, sometimes called the "show." This is in reality the discharge from the mouth of the womb of the plug,

which has up to this time hermetically sealed that organ during gestation. The *second stage* is known by the "grinding" nature of the pains. The mouth of the womb at this time gradually dilates and the pains become more frequent; at about this juncture, usually, the "bag of waters" breaks, or the *liquor amnii* (liquid contents of the *amnion* in which the child has been immersed) escapes. As the pains alter in character to true labor pains and become "bearing down," the *third stage* is indicated, in which nature is making her best efforts to expel the child.

"Bearing Down" The mother must not strain or bear down either in the first or second stage, for the womb is not then in a condition to expel its contents; any efforts on her part will avail nothing at this time, and will exhaust her strength, which she may greatly need further on. Thus assisting the birth of the child should not be attempted until the last stage, when the bearing-down pains will indicate the time that a little aid on her part may be of service.

Remember, also, that it does no good to attempt aid between intervals of pain. Help nature when she works; rest when nature

rests. Do not attempt to help nature too much. There is some danger of rupture. The doctor ought to know how much help *he* should give.

Nature and Art Some contend that nature should be left quite alone, as she is perfectly able to bring a child into the world without human assistance. While we have no use for an over-meddlesome attendant, and believe that too much interference is harmful, there are few even natural labors in which a good physician may not render most important service to both mother and child. A physician who merely presents himself at the bedside when the child is born, and barely waits for the expulsion of the after-birth to take his departure, will hardly be called upon to officiate in a like capacity again in the same family.

It is true that in most cases of natural labor not much assistance is needed; but, in case there should be, the doctor ought by all means to be there to render it. His judgment alone must be depended upon as to the amount of aid required; and whatever interference there should be in the progress of the case must be suggested by his judgment alone,

and by the knowledge he possesses of the matter in hand.

At Birth As soon as the head is born, it should be *immediately* ascertained whether the neck is encircled by the cord. If so, it should be removed or loosened. The neglect of this precaution may result fatally to the infant. It is also of importance at once to allow the entrance of air to the face, to put the finger in the mouth to remove any obstruction which may interfere with inspiration; also lay the babe on its right side, with the head removed from the discharges.

The navel cord should not be tied until the infant is heard to cry or begins to breathe. The ligature is to be applied in the following manner: Tie the cord in two places, first ascertaining that a loop of the child's intestines does not protrude into the cord, as great harm may be done. The first place tied should be about two inches from the navel; the second, four inches from the navel of the child. Midway between these two ligatures cut the cord. Do this with great care. The thread should be strong and wrapped several times around the cord rather tightly, and tied in a good hard knot.

The cord must not be tied and cut until the artery in it ceases to pulsate. But it will, however, cease to pulsate soon after the child begins to breathe.

Attention
to the
Child

When the child is separated from the mother, a warm blanket or piece of flannel should be ready to receive it. In taking hold of the little stranger it may slip out of the hands and be injured. To guard against this accident, which is very apt to occur with awkward or inexperienced persons, always seize the back portion of the neck in the space bounded by the thumb and first finger of one hand, and grasp the thighs with the other. In this way it may be safely carried. It should be transferred, wrapped up in its blanket, to some *secure* place, never put in an armchair where it may be crushed by someone who does not observe that the chair is already occupied. The head of the child should not be so covered as to incur any danger of suffocation.

Attention
to the
Mother

When the afterbirth has come away, the mother should be drawn up a short distance—six or eight inches—in bed, and the sheet that has been pinned

around her, together with the temporary dressing of the bed, removed, a clean folded sheet being introduced under the hips. The parts should be gently washed with warm water and a soft sponge or a cloth.

The anointing of the external and internal parts with goose-grease is soothing and efficient in speedily allaying all irritation. This ought all to be done under cover, to guard against taking cold. The chemise pinned up around the breast should be loosened now. The woman is now ready for the application of the bandage, which is to be put on next to the skin. This will prove very grateful to the mother.

In order to apply the bandage, one-half of its length should be folded into plaits, and the mother should lie on her left side; lay the plaited end of the bandage underneath the left side of the patient, carrying it as far under as possible, and draw the loose end over the abdomen; then let the mother roll over on her back upon the bandage, and draw out the plaited end. The bandage should be first tightened in the middle by a pin. Pins should be placed at intervals of about one inch. The lower portion of the

bandage should be made quite tight, to prevent it from slipping up.

The mother is now ready to be drawn upon the permanent dressing of the bed. This should be done without any exertion on her part. A napkin should be laid smoothly *under* the hips—never folded up—to receive the discharges.

**The
Doctor's
Presence**

If the doctor be present, some of the minute instructions herein given are unnecessary, as it is *his* place to see to many of the things mentioned, as the care and cutting of the navel cord and the like. But the prospective mother, the nurse and other attendants should make a thorough study of all the particulars in order to be ready for any and all emergencies. The doctor is not always present just at the time when needed.

**Bathing
the Child**

The child may now be washed and dressed. Before beginning, everything that is wanted should be close at hand, namely, a basin of warm water, a large quantity of lard or some other oily material, soap of the finest quality, a fine sponge and a basket containing the binder, shirt and other articles of clothing.

What to Do First rub the child's body thoroughly with lard. The covering can only be removed in this way; the use of soap alone will have no effect unless the friction be so great as to take off also the skin. The nurse should take a handful of lard and rub it in with the palm of the hand, particularly in the flexures of the joints. In anointing one part, the others should be covered, to prevent the child taking cold.

If the child is thus made perfectly clean, do not use any soap and water, because the skin is left in a more healthful condition by the lard, and there is risk of the child's taking cold from the evaporation of the water. But the face may be washed with soap and water, great care being taken not to let the soap get into the child's eyes, which is one of the most frequent causes of sore eyes in infants.

**Dressing
the Navel**

The navel string is now to be dressed. This is done by wrapping it up in a circular piece of soft muslin, well oiled, with a hole in its center. The bandage is next to be applied. The object of its use is to protect the child's abdomen against cold, and to keep the dressing of the

cord in its position. It should be pinned in front, three pins being generally sufficient. The rest of the clothing before enumerated is then put on.

Nursing *The child is now to be applied to the breast at once.* This is to be done for three reasons. First, it very often prevents flooding, which is apt otherwise to occur. Secondly, it tends to prevent milk fever by averting the violent rush of the milk on the third day and the consequent engorgement of the breast and constitutional disturbance. The third reason is, that there is always a secretion in the breast from the first, which it is desirable for the child to have; for it acts as a cathartic, stimulating the liver, and cleansing the bowels from the secretions which fill them at the time of birth.

Manipulating the Breast There is generally sufficient nourishment in the breasts for the child for the first few days. The mother may lie on one side or the other, and receive the child upon the arm of that side upon which she is lying. If the nipple be not perfectly drawn out so that the child can grasp it in its mouth, the difficulty may be overcome by

filling a porter bottle with hot water, emptying it, and then placing the mouth of the bottle immediately over the nipple. This will cause, as the bottle cools, a sufficient amount of suction to elevate the sunken nipple. The bottle should then be removed and the child substituted—a little sugar and water or sweetened milk being applied, if necessary, to tempt the child to take the breast.

**Diet of the
New Mother**

It is necessary to exercise peculiar care as regards the diet at this period. Bread and milk, bread and butter, arrowroot and milk, dry toast and milk, milk toast, gruel, light puddings, roasted apples, broths, beef tea, tea and lemonade, should constitute the chief articles of diet. But little solid food, and nothing stimulating, ought to be taken at least for a few days. The diet can be gradually improved, so that at the end of about the fourth day the usual diet may be returned to, provided it is plain, wholesome and nourishing. Of course it is folly to attempt the restriction of all cases to one class of food, as many women are in a prime condition, barring a little weakness, after their confinement; while others, after a hard and lingering labor, are exceedingly weak. Com-

mon sense should be the guide in these cases, the same as in all others, and if a lady is very weak she should have chicken broth, good strong beef tea, mutton chops, game, eggs, etc., from the very commencement.

No Stimulating Drinks The doctor should certainly be consulted when there is unusual weakness and debility; and only on his advice should stimulating drinks be given in these particular cases. The best beverages for the first week, in the majority of cases, are milk, barley water, toast and water, gum arabic water, and in some instances, cool lemonade.

The After-Pains The after-pains of labor, those which come on after the placenta has been expelled, are due to the efforts of the womb to discharge the remaining coagulated blood. Most women experience them, and they are very much like the true labor pains. They are generally felt but a few hours after labor, though sometimes much longer; but as a rule they are seldom, if ever, experienced in first labors. They may be mitigated, though not prevented, either by the application of a hot poultice over the abdomen or cloths wrung out of hot water

and applied in the same manner. An injection into the rectum or vagina of thin starch, to which has been added about twenty drops of laudanum, will frequently give great relief. Gum camphor taken in capsules, in doses of two or three grains, and repeated every two or three hours, will be found of value.

How to Check Flooding *Flooding*, or uterine hemorrhage, which may come on during pregnancy or labor, *requires the services of a physician*; but to those who may be placed in an emergency, when the doctor is not at hand, a few simple directions may be of value. The flooding of labor is always troublesome and demands instant attention, as it is sometimes fatal, unless quickly checked.

The chief causes are laceration of the womb, a rupture of one or more of its blood-vessels, or a too early or violent separation of the afterbirth. In many cases it is preceded by a sensation of heat and weight in the pelvis, pains in the back and thighs, headache, dizziness and flushed face. In some instances, however, flooding comes on suddenly and without any warning whatever.

Two Important Remedies There are two remedies which are always within reach and easy to be applied: they are *pressure* and *cold*. The womb should be grasped and held by the hand on the outside of the abdomen. It can be felt, like a hard, round ball, when it is properly contracted; and when it is not thus felt there is always danger of hemorrhage; non-contraction of the womb is very liable to be followed by flooding. *By firmly grasping the middle of the abdomen, below the navel, at the same time pressing downward and backward,* the womb may be made to contract; and this is what is greatly to be desired. At the same time that the womb is compressed, cold should be vigorously applied, which also aids in the contraction.

A large napkin or towel may be dipped in ice water and dashed suddenly on the external parts, the thighs and lower part of the abdomen, until the womb contracts and the violence of the hemorrhage is controlled.

In addition to these measures, stimulants are sometimes administered; ergot is also usually of great value. Hot water, as hot as it can be borne, instead of cold water, is advised by some physicians to be injected into

the vagina in large quantities. It is claimed for this remedy that it is entirely free from danger and very efficacious.

Restraint During Nursing During lactation (the period of secretion of milk and nursing the infant), few women experience much desire for marital congress, and it is therefore a season calling for great forbearance on the part of the man. Her vital forces seem to be concentrated in the direction of furnishing nourishment to her babe; nature usually suspends the processes of ovulation for the time and makes the wife sterile, which are plain indications that this is a condition intended by nature. It is quite certain that the less intercourse during this whole period, the better for both mother and child.

Advantages of Early Nursing As a rule, the baby should go to its mother's breast, if there is nothing special to prevent, as soon as she has secured a little repose from the fatigue and excitement of labor. Reluctance on the part of mothers to nurse their children is little short of criminal in its cruelty.

Bottle-fed infants have a greatly diminished chance of life, compared with those

nourished at the breast. It is also a vast deal less trouble to feed a baby at nature's fount than to several times a day and night go through all the trouble of procuring and preparing artificial food of even the simplest kind.

**Sore
Nipples**

Inflammation of the breast before secretion of milk is rare; afterward, it is frequent. The slightest unusual fullness or knottiness discovered after the infant has been suckling should receive immediate attention.

Symptoms The first symptom is a hardness or knottiness in some part of the organ, which often enlarges before causing pain or uneasiness. Next, increasing pain is felt during suckling. The skin becomes red, tense and shiny, while more or less of the breast feels inelastic, firm, prominent and heavy. The pain becomes severe.

Treatment Great care should be given to the nipple. If it is imperfect, precautions should be taken to prevent the breast itself from becoming involved. If the infant can not draw off the milk, some other means will have to be used. If abrasions, ulcers, cracks or chaps

are visible, some soothing preparation must be applied. The following lotion is excellent: borax, one drachm; glycerine, one-half ounce; rose-water, seven and one-half ounces. Or, a jelly made of gum tragacanth, two to four drachms; lime-water, four ounces; rose-water, three ounces; glycerine, one ounce. If there is much secretion from the glands on the nipple, after washing it, a dry powder of starch, or of oxide of zinc, or carbonate of magnesia, will be useful.

**Childbed
Fever**

Childbed fever, briefly described, is a severe and sudden inflammation, usually commencing in the womb, extending to all the adjacent organs of both the pelvic and abdominal cavities, and hastening with great rapidity, if unchecked, to a fatal termination. It usually makes its appearance from the second to the fifth day after delivery, though in rare instances it has been known to commence as early as a few hours, and in other cases as late as two or three weeks after. When it occurs, send for the doctor at once.

**Getting Up
Too Soon**

A too early return to the ordinary active duties of life retards or checks restoration to normal size, and the

womb being heavier, exposes the woman to great danger of uterine displacements. Nor are these the only risks incurred by a too hasty renewal of active movements. The surface, the substance, and the lining membrane of the womb are all very liable, while change from its increased to its ordinary bulk is occurring, to take on inflammation after slight exposure. The worst cases of uterine inflammation and ulceration are thus caused.

Be
Cautious

A "bad getting up," prolonged debility, pain and excessive discharge are among the least penalties consequent upon imprudence after confinement. It is a mistake to suppose that hard-working women in the lower walks of life attend with impunity to their ordinary duties a few days after confinement. Those who suffer most from falling of the womb and other displacements are the poor, who are obliged to get up on the ninth day and remain upright, standing or walking for many hours with an overweighted womb. If this be true of vigorous women accustomed to a hardy life, how much more apt to suffer from this cause are the delicately nurtured, whose systems are de-

teriorated already, perhaps, and little able to resist any deleterious influences!

A mother should remain in bed for at least two weeks after the birth of the child, and should not return to her household duties under a month; she should also take great pains to protect herself from cold, so as to escape the rheumatic affections to which at this time she is particularly subject.

**Rules for
Nursing**

The newborn child should be nursed about every second hour during the day, and not more than once or twice at night. Too much ardor may be displayed by the young mother in the performance of her duties. Not knowing the fact that an infant quite as frequently cries from being overfed as from want of nourishment, she is apt to give it the breast at every cry, day and night. In this manner her health is broken down, and she is compelled perhaps to wean her child that with more prudence and knowledge she might have continued to nurse without detriment to herself.

**Nursing
at Night**

It is particularly important that the child shall acquire the habit of not requiring the breast more than

once or twice at night. This, with a little perseverance, can readily be accomplished, so that the hours for rest at night, so much needed by the mother, may not be interfered with. Indeed, if the mother does not enjoy good health, it is better for her not to nurse at all at night, but to have the child fed once or twice with a little cow's milk.

Influence of Pregnancy on the Milk Menstruation is ordinarily absent during the whole course of nursing, at least during the first nine months. Sometimes, however, mothers become unwell at the expiration of the sixth or seventh month; in rare instances within the first five or six weeks after confinement. When the monthly sickness makes its appearance without any constitutional or local disturbance, it is not apt to interfere with the welfare of the infant. When, on the contrary, the discharge is profuse, and attended with much pain, it may produce colic, vomiting and diarrhea in the nursling. The disturbance in the system of the child ordinarily resulting from pregnancy in the mother is such that, as a rule, it should be at once weaned as soon as it is certain that pregnancy exists. The only exceptions to

this rule are those cases in the city, during the hot months, in which it is impossible either to procure a wet-nurse or to take the child to the country to be weaned. In cold weather an infant should certainly be weaned, if it has attained its fifth or sixth month, and the mother has become pregnant.

Influence of Emotions on the Milk It is well established that mental emotions are capable of changing the quantity and quality of the milk, and of thus rendering it hurtful and even dangerous to the infant.

The secretion of milk may be entirely stopped by the action of the nervous system. Fear, excited on account of the child which is sick or exposed to accident, will check the flow of milk, which will not return until the little one is restored in safety to the mother's arms. Apprehension felt in regard to a drunken husband has been known to arrest the supply of this fluid.

On the other hand, the secretion is often augmented, as every mother knows, by the *sight* of the child, nay, even by the thought of him, causing a sudden rush of blood to the breast known to nurses as the *draught*. Indeed, a strong desire to furnish milk, together

with the application of the child to the breast, has been effectual in bringing about its secretion in young girls, old women and even men.

Those passions which are generally sources of pleasure, and which when moderately indulged are conducive to health, will, when carried to excess, alter, and even entirely check, the secretion of milk.

**Evil
Effects of
Excitement** But the fact which it is most important to know is that *nervous agitation may so alter the quality of the milk as to make it poisonous*. A fretful temper, fits of anger, grief, anxiety of mind, fear and sudden terror not only lessen the quantity of the milk, but render it thin and unhealthful, inducing disturbances of the child's bowels, diarrhea, griping and fever. Many instances are given of death to the child caused by nursing it while the mother was in great excitement or fear.



Rising to the Occasion



Team Work

CHAPTER IX

THE FAMILY

The sweet singer of old asserted that "children are a heritage of the Lord—happy is the man that hath his quiver full of them." The best experiences of life affirm the truth of this saying. The happy laugh of childhood is the best home music, the graceful figures of children the best statuary.

Limitation of Offspring Any natural blessing may cease to be a good one. Often fathers feel that their ability to care for and educate children is limited. Mothers who "in sorrow bring forth children" often dread further additions to their flock. Hence arises the query that confronts nearly every married couple—is it possible and is it right to limit the number of offspring?

Nature's Limitations Nature herself seems to have made provisions for the limitation of offspring. She also warns against the danger of too rapid child-bearing by yielding im-

perfect, feeble and deformed children and allowing the health of the mother to break down.

**Natural
Safeguards**

The safeguard which nature has thrown out against overproduction is by constituting certain periods of woman's life seasons of sterility. Before the age of nubility, during pregnancy and after the change of life they are always barren. During nursing most women are so, but not all. Some even continue their monthly change at this time. There is no absolute certainty that a woman will not conceive then, though the probability is against it.

A so-called *agennetic* or sterile period exists between each monthly change, during the continuance of which it is not possible for the female to conceive. This branch of our subject has attracted much attention of late years, from its practical character, but the conclusions reached have so far not been as satisfactory as we could wish.

Intercourse is more liable to be followed by pregnancy when it occurs about the menstrual epoch than at other times. The exact length of time, however, preceding and following the menses during which impregna-

tion is still possible has not been ascertained. The spermatic fluid, on the one hand, retains its vitality for an unknown period after coition, and the egg for an unknown period after its discharge. The precise extent of the limit of these occurrences is still uncertain, and is probably more or less variable in different individuals.

Those, therefore, who would take advantage of this natural law can do no better than confine themselves to a few days intervening about midway between the monthly epochs. It is proper and right under some circumstances for married people to avail themselves of these provisions of our economy.

<p>When Should Offspring Be Limited?</p>	<p>When the wife is distinctly suffering from overmuch child-bearing; when the children are coming so rapidly that they interfere with each other's nutrition; when a destructive hereditary disease has broken out after marriage; and when the wife can not bear children without serious danger to her life.</p>
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Those who coincide with us may urge the objection (and it is a partially valid one), that the observation of these natural periods of sterility does not answer the end in view,

for they are uncertain and inadequate. They are so to some degree, but we believe them to be much more reliable than generally supposed.

**Another
Remedy**

The next refuge is to renounce entirely the conjugal privilege. This is a perfectly allowable and proper course, if it be with mutual consent. The objection nowadays urged against it is that it is too severe a prescription, and consequently valueless. This ought not to be. A man who loves his wife should, in order to save that wife overwork, and misery, and danger of death, and wretchedly constituted children, be able and willing to undergo as much self-denial as his continent bachelor acquaintances do, not out of high devotion, but for motives of economy, indifference, or love of liberty. The man that can not do this, or does not care to do it, certainly does not deserve a very high regard.

But while all this is granted, the question is still constantly put: Is this all? Are there no means by which we can limit our families without either injuring the health, or undergoing a self-martyrdom, to which not one man in a thousand will submit?

**Many
Methods**

Yes, there are many methods, but we warn against them all. Most of the artificial means proposed for this purpose can not be used constantly without either failing to accomplish their purpose, or sowing the seeds of disease. Many of them are in the highest degree injurious and reprehensible, and are *certain* to destroy health.

**All Under
Condem-
nation**

The habit of uncompleted intercourse that many adopt must be disapproved on the same grounds. It does violence to nature, and is liable to bring about premature loss of virility, and serious injury to the nervous system.

It is a doubtful question whether any of the appliances of art recommended for this purpose, even if they are innocent in regard to health, are *morally* to be approved. Whether under some rare and exceptionable circumstances—as when women conceive during nursing, or are incapable of bearing children with safety to life—such means are permissible or not, must be left for the medical attendant to determine, and he alone must bear the responsibility of deciding in such cases. But in the majority of marriages, when the avoidance of children is sought

merely to save expense or trouble, or to give greater room for freedom and selfish pleasure, the resort to such means must be unequivocally condemned.

**Too Small
Families**

It has become the fashion for parents to be leading around a solitary, lonely child, or possibly two, it being well understood, talked about, and boasted of, that they are to have no more. The means to prevent it are well understood instrumentalities shamelessly bought and sold, and it is a glory that they are to have no more children.

**Conditions
in France**

A prominent French physician in one of the provincial towns of that country draws a striking picture of the demoralization it has brought about. He shows how the bonds of public morality have been loosened, the sacred institution of marriage converted into legal prostitution, woman sunk in respect, man yielding to unnatural debauches, losing his better impulses to plunge into sensuality, diseases and debility gaining ground, the number of births constantly decreasing, and the nation itself incurring the danger of falling a prey to its rivals through

a want of effective soldiers. The picture is a gloomy one, and is probably but little overdrawn. It has required the horrors of war to arouse the conscience of France.

**Conditions
in America**

If it is true that the native American population is actually dying out, and that year by year the births from couples born in this country are less in proportion than those from couples one or both of whom are of European birth, as many have asserted, then we must seek the explanation of this startling fact either in a premature decay of virility, or a naturally diminished virility in middle life in the husbands, or to an increased tendency to sterility in the wives, or else we must suppose there is a deliberate and widespread agreement between those who are in the bonds of matrimony, that American women shall be childless, or the next thing to it.

**Will We
Open Our
Minds to
Honest
Conviction?**

We know that, in making the foregoing statements, we must of necessity run against the prejudices of many. Very few people are willing to listen to a dispassionate discussion of the propriety or the impropriety of limiting

within certain bounds the number of children in a family.

On the one side are many worthy physicians and pious clergymen that without listening to any arguments, condemn *every* effort to avoid large families.

On the other side are numberless wives and husbands that turn a deaf ear to the warnings of doctors and the thunders of the divines, and, eager to escape responsibility they have assumed, do not hesitate to resort to the most dangerous and immoral means to accomplish their purpose.

Let both parties lay aside prejudice and prepossessions, and examine with us this most important social question in all its bearings.

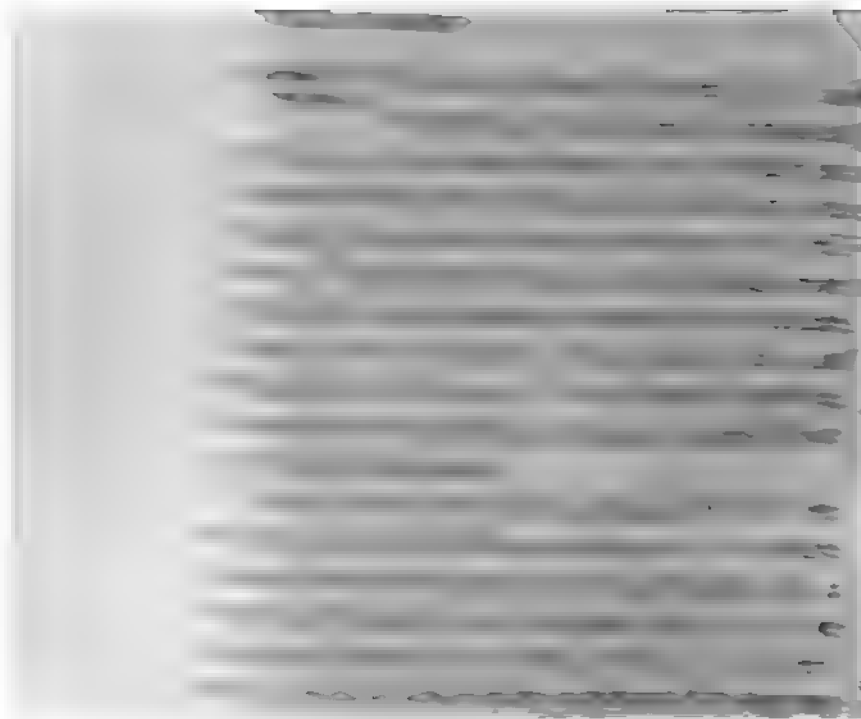
Too Many Children Two-thirds of all cases of womb diseases are traceable to child-bearing in feeble women. Every farmer is aware of the necessity of limiting the offspring of domestic animals. How much more severe are the injuries inflicted on the delicate organization of woman!

Puny, Sickly, Short-lived Children The evils of a too rapid succession of pregnancies are likewise conspicuous in the children. There is no more frequent cause of rickets than this.

Puny, sickly, short-lived offspring follows overproduction. They come to overburden a mother already overwhelmed with progeny. They can not receive at her hands the attention they require. Weakly herself, she brings forth weakly infants. Thus are the accumulated evils of an excessive family manifest.

Another Reason There are also women to whom pregnancy is a nine months' torture, and others to whom it is nearly certain to prove fatal. Such a condition can not be discovered before marriage, and therefore can not be provided against by a single life. Can such women be asked to immolate themselves?

Hereditary Hindrances Apart from these considerations, there are certain social relations which have been thought by some to advise small families. When either parent suffers from a disease which is transmissible, and wishes to avoid inflicting misery on an unborn generation, it has been urged that they should avoid children. Such diseases not infrequently manifest themselves after marriage, which is answer enough to the objection that if they did not wish children they should not marry.



An Excuse for Self-Indulgence Many men, in trying to find an excuse for self-indulgence, seek it in religion. They insist that the wife should bear all the children possible; that the Bible teaches it; that it is wicked to place any obstruction in the way of bearing children; that "God sends all the children in a family, few or many, in rapid succession or far apart, strong or weak, bright or stupid, good or bad, and preordains their lives."

Suppose the stock-raiser should follow the same plan? It is too absurd for serious consideration.

A Wife's Rights If a woman has a right to decide any question, it certainly is as to how many children she shall bear. Wives have a right to demand of their husbands at least the same consideration which a breeder extends to his stock.

Whenever it becomes unwise that the family should be increased, justice and humanity require that the husband should impose on himself the same restraint that is submitted to by the unmarried.

In short, the generative impulses of man should be placed absolutely under the sway of *right, reason, chastity, forecast and justice.*

**A Wife's
Duty**

There are women who require no limitation whatever. They can bear healthy children with rapidity, and suffer no ill results. There are others—and they are the majority—who should use temperance in this as in every other function; and there are a few who should bear no children at all. It is absurd for physicians or theologians to insist that it is either the physical or moral duty of the female to have as many children as she possibly can.

**Race
Suicide**

"Race suicide" is a common expression in our day. It arises from the conditions as indicated in the preceding pages. The birth rate is so low among the native Americans that it is feared by some that the native American stock will ultimately disappear. An appeal to patriotism has been made in this matter.

Not only patriotism, but religion—our duty to God and man—also makes its appeal for larger families.

It is quite clear that patriotism, our duty to God and the race, as well as the happiness of the family relation, demand larger families where both parents are physically, mor-

ally, intellectually, financially and by heredity fitted for parenthood.

Abortion and Miscarriage Abortion is the expulsion of the product of conception at any period of gestation before the fetus becomes viable. Miscarriage is the act of bringing forth before the natural time; premature birth. Criminal abortion is the act of causing abortion, or miscarriage, in a pregnant woman, *unless when necessary* to preserve the life of the mother. Criminal abortion is a crime, punishable by severe penalties in most states and Christian nations. It is extremely dangerous, and exposes the woman to life-long injury, or to death.

Husband the Instigator It is useless to deny or to conceal the fact that in many instances the husband's dislike of a large family, combined with his unwillingness to practice self-denial in regard to his appetites, is the motive that, beyond all others, induces the wife to visit the fashionable aborter, and to destroy the fruit of her womb and imperil her own life and health. This cowardice and brutality on his part can not anywhere find an excuse.

For the woman, enfeebled perhaps by too excessive child-bearing, for which her husband is generally wholly responsible, timid, easily alarmed, prone to mental depression or other disturbance, and dreading the yet safe and preferable labor that awaits her, there is a certain measure of excuse. For her husband, none.

This flagrant abuse is not confined to immoral circles of society, nor to the corrupt atmosphere of our great commercial centers, but extends into remote country hamlets, and throughout all grades of social life. We call upon our readers by example and precept to do their utmost to stem its devastating tide, and, at least in their own families and among their friends, to mete its due reprobation.

Its worst effects are not seen in marriage, though no physician is ignorant how many women in the community suffer from the vile "French pills" and "female regulators" hawked about, as well as from rude instruments in awkward and unfeeling hands. But it is in the impunity that the vicious believe they enjoy, the temptation to indulge in lustful and illegitimate *liaisons*, the weakening

of virtue, that its most serious consequences are manifest.

**Feticide is
Murder**

The following is from Dr. Stockham's *Tokology*: "Many women have been taught to think that the child is not viable until after the quickening, and that there is no harm in arresting pregnancy previous to the feeling of motion; others believe that there is no *life* until birth, and the cry of the child is heard. * * *

**Life From
Inception**

When the female germ and the male sperm unite, then is the inception of a new life; all that goes to make up a human being—body, mind and spirit—must be contained in embryo within this minute organism. *Life must be present from the very moment of conception.* If there was no life there could be no conception. At what other period of a human being's existence, either prenatal or postnatal, could the union of soul and body take place?

The Guilty "Is it not plain that the violent or forcible deprivation of existence of the embryo, the removal of it from the citadel of life, is its premature death, and hence the act can be denominated by no milder term

than *murder*; and whoever performs the act, or is accessory to it, in the sight of God and human law, is guilty of the crime of all crimes?"

**Grave
Responsi-
bilities**

There may be no harm or sin in *preventing* conception, but from the moment of conception there are present all the possibilities of a human being. There are the possibilities of a Wesley or a Webster, of a Paul or a Peter; at least, a *man*.

**Mother's
Love for
Her Babe**

Again from Dr. Stockham: "The life of the babe in her arms is to the mother more precious than all else; her heart is thrilled with a pang of agony at the thought of the least danger to its life. By what false reasoning does she convince herself that another life, still more dependent upon her for its existence, with equal rights and possibilities, has no claim upon her protection? More than this, she deliberately strikes with the red hand of murder, and terminates its existence with no thought of wrong, nor consciousness of violated law.

**An
Unnatural
Act**

"The woman who produces abortion, or allows it to be produced, risks her own health and life in the act, and

commits the highest crime in the calendar, for she takes the life of her own child."

We quote this with approval, believing that every statement is true. The puzzle to us is how any sane person can think otherwise.

CHAPTER X

PRENATAL INFLUENCES—ORIGIN OF LIFE

The Life-Germ

To prepare the germ of a new man or woman is the noblest function of the male; to provide it sustenance and develop it into a human form is the most perfect work of the female.

The life-germ of the human being is, with other ingredients, contained in what is called the spermatic fluid. This is secreted in the appropriate organs of the male. Thence it is transmitted to the female.

The mysterious process of reproduction evidently consists, in flowering plants, of nothing else than the implantation of a cell-germ, prepared by male organs, in a nidus, or receptacle, adapted to aid its early development; which nidus constitutes the essential part of the female system.

There is now good reason to believe that in no animals is the reproductive apparatus less simple than it is in the higher plants; that is to say, in every instance two sets of organs,

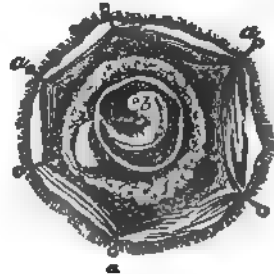
a germ-preparing and a germ-nourishing set are present.

These organs differ much in form and complexity of structure in the various tribes of animals. But their essential functions are the same in all.

Those that are termed male organs prepare and set free certain bodies which, having an



EMBRYO OF 12
TO 14 DAYS
LAID OPEN



EMBRYO OF TWENTY-ONE DAYS LAID OPEN
a, a, a, Chorion laid open and secured by
pins; *b*, the Embryo with Amnion laid open.

inherent power of motion, have been supposed to be independent animalcules, and are known as spermatozoa. But they can not be independent, as each must unite with an ovum in order to continue its existence; but even then it does not exist as a spermatozoon, but with the egg it forms a new and entirely different being. Thus from the union of a microscopic spermatozoon and an ovum, so

small as to be almost invisible, springs *man*, with all his strength and possibilities.

Same Law in Plants and Animals The act of fecundation is analogous in animals to the process which takes place in flowering plants. The origin of human beings as the offspring of human beings, is similar to that of all other existences. The reproductive system consists of two sets of organs whose functions are entirely distinct, each performing its office entirely independent of the other. Of course, the part performed by each is such that the condition of the different organisms must, of necessity, affect the child for good or evil.

Transmission of Disease In preparing the germ, the physical, intellectual and moral conditions of the father must necessarily affect, more or less, its conditions in similar directions. In nourishing and developing that germ, the mother must, necessarily, impart to it her conditions. A healthy mother might, before birth, impart to a diseased germ of a weak and sickly father some degree of health, strength and beauty. Or, a weak and sickly mother may impart disease and



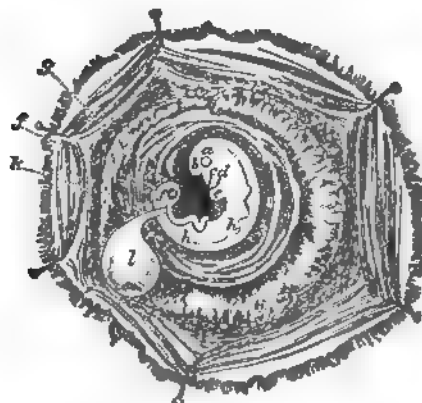
HEAD OF HUMAN
EMBRYO

About the end of
second month

deformity to a healthy germ of a healthy father.

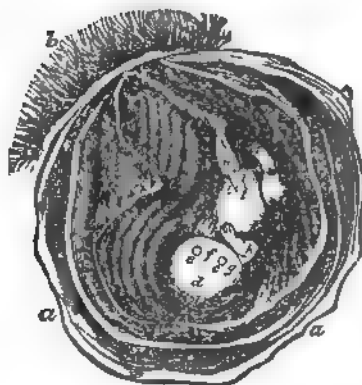
Father and Child Does the father, in preparing the germ, so impress on it his own conditions of body and soul that these must necessarily be developed in the future child, so as essentially to affect his character and destiny? That he does is certain. Whatever diseases affect the father must also affect the secretions of his system, and none more so than the germs of future human beings. What an obligation, then, rests on every man, to see to it, so far as he can, that the system in which the life-germs of human existence are prepared should be replete with manly beauty, tenderness and power!

Mother and Child No less important is the *maternal* relation to the child before birth! She consents to receive the germ into her organism. It is placed in its only proper position for growth. It has an inherent power to attract to itself, from the liquid in which it floats in the womb, materials for growth to body and soul. These elements, which constitute that growth, are prepared in her system from the various substances re-



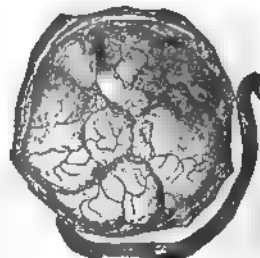
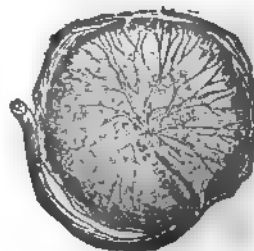
EMBRYO OF THIRTY DAYS

a, Head of Embryo; *b*, Eyes; *c*, Mouth; *d*, Neck; *e*, Chest; *f*, Abdomen; *g*, Extremity of Spine; *h*, *h*, Spinal Arch; *i*, Neck of Umbilical Vesicle; *l*, the Vesicle.



EMBRYO OF FORTY-FIVE DAYS

a, *a*, *a*, Chorion; *b*, Villousities of Placenta; *c*, *c*, Amnion; *d*, Head of Embryo; *e*, Temples; *f*, interval between Eyes or Root of Nose; *h*, the Arms; *i*, the Abdomen; *k*, the Sexual Organs; *l*, *l*, Umbilical Cord; *m*, the internal portion of Cord.

FETAL SIDE OF
PLACENTAMATERNAL SIDE OF
PLACENTA

ceived into it from without. That nourishment must be affected by the conditions of the organism in which it is prepared and administered. The energies of her nature are taxed to prepare and administer to the growth of the new being, and should be left as free as possible to do well the work assigned to them. She has taken into herself the germ of a new life in human form, gladly and thankfully, it may be, and by so doing has pledged herself to the future man or woman to confer on him or her health, strength and beauty of body and soul.

Some Questions for the Mother Does that woman know the intimacy and the power of the relation which she, *voluntarily* it is to be hoped, assumes to that germ, which, under her forming hand, is soon to appear in the form of a man or a woman? Does she know that, from all she takes into her system in the shape of food, drink, air and the like, the living germ is to extract the substance that must go to form the body and soul of the future living being? When she consented to receive that life-germ of immortal spirit into herself, did she ask whether she was prepared to forego all practices and indulgences that

could conflict with the health and perfection of her new charge? Did she ask whether her own organism was in a fit state to receive such a charge, and perform for it the services of a just and loving mother?

Inherited Conditions of Parents Facts abundantly prove that the inherited conditions of the parent enter into the organic structure and constitutional tendencies of children. Bad conditions are no less likely to be transmitted than good tendencies. Scrofula, consumption, insanity and idiocy are everywhere recognized as capable of being transmitted from parent to children. This knowledge is acted upon, the world over, by all who are interested in improving the quality of all animate existence *beneath man*, and no pains are spared to get healthy offspring. But what encouragement do they offer for the production of the most beautiful, healthy and perfect specimen of the human being?

A Father's Disease: An Illustration Ponder the following fact: A woman, known in the circle of my friends as healthy, beautiful and highly accomplished, married a man entirely diseased. She had four children. One died in

infancy, a mass of disease; one at seven and one at eleven, each a mass of disease from birth, and having known no cessation from suffering during its brief existence. The one that died at seven had more the countenance of one of seventy, caused solely by intense sufferings. One is now living, but her appearance bears the marks of the diseased state that swept away the others. The father died fearfully diseased; the health of the wife and mother was nearly ruined by the disease of her husband being communicated to her.

Greatest Source of Disease What greater outrage against nature could a woman commit than to consent to become a mother by such a man? None. Let every man and every woman, as they would live in the love and respect of their offspring, consider well the physical, mental and moral conditions of those with whom they unite, to become the fathers or mothers of their children. It is computed that more human beings die from diseased tendencies, inherited from parents, who themselves had inherited them, than from war, intemperance, slavery, cholera, fevers

and all contagious, adventitious diseases put together.

Acquired Diseases and Tendencies Many diseases of body and soul are acquired, and inherited diseases are made more malignant, by abuse. Those whose organizations were originally quite sound acquire, by unnatural indulgences, diseased conditions. There are few whose natural tastes do not reject tobacco, alcohol, tea, opium and various other articles of common use, but of great injury when first they are taken. These acquired conditions, both of body and soul, are transmitted.

Illustrations I know of a man and woman who, as to wealth, move in the highest ranks of fashion. The woman is exceedingly passionate and addicted to strong drink. They had four children. The eldest, greatly deformed by a fall of her mother in a fit of intoxication, previous to birth, died of consumption at eighteen. The second, a dwarf, a mild and gentle one, died at twenty, of consumption. The third was deaf and dumb, and of a malignant temper. The fourth is a demon in temper, and a

drunkard. The mother's conditions were transmitted to her children. She had several miscarriages, caused by intemperate habits.

Another Case A man and woman, both healthy at marriage, became diseased by abuse of their sexual natures after marriage. He suffered in the lungs; she became deranged in the nervous system and by scrofula. Had five births, the first an abortion produced by sexual abuse during pregnancy. The living children were all diseased with scrofula or consumption, or both. Thus, it is seen, the parents go on reproducing, in their own likeness, scrofula and consumption.

Conditions During Sexual Intercourse The conditions of the parent or parents, one or both, at the time of sexual intercourse, have a marked influence on the child. The soul should be in its happiest and most perfect state, free from care; the love element in the entire ascendant; every element in the soul of each concentrated in love upon the other. The body, in all its powers and functions, should be full of vigor, free from all weariness or lassitude; not excited by artificial stimulants

of any kind. Conjugal love, when true, is attracted to purity, to beauty, to all that is sweet, tender, pure, delicate. It can have no affinity to coarseness, vulgarity, uncleanness or meanness. Marriage love can do nothing but refine, elevate, beautify and adorn all who come under its influence.

**Passion,
Not Love**

Passion, existing and seeking indulgence without love, as it generally does, is coarse, selfish, polluted and necessarily tends to degrade and profane both body and soul. No woman, instigated by pure love, can be attracted to a man of filthy, disgusting habits; such as essentially belong to those who use tobacco, alcoholic drinks, opium eaters, and those who live under the influence of any artificial stimulants. No man, influenced by pure love, can be attracted as a husband to a woman that lives on artificial excitements. All such, whether men or women, become impure, ugly and necessarily repulsive to true love. The sexual elements in all such become diseased, utterly corrupt and debased, and totally unfitted for the sacred function of reproduction.

**Woman,
Be Not
Defiled** How can a woman consent to become a mother by a man physically and spiritually polluted by tobacco, alcohol or any foul, unnatural appetite and practice? How can a man receive as a wife, and become a father by a woman whose body and soul are filled with enfeebling, polluting disease? Passion, gross sensualism, may bring such together to propagate; but pure, chaste, saving love, never. Pure, chaste love can not be attracted to uncleanness and meanness of body or soul. The offspring of impure, unclean souls and bodies must of necessity be defiled. Insanity, idiocy, anger, revenge and diseases of various kinds and degrees appear in the children born of such unions.

**Another
Illustration** The following case illustrates the influence of parental conditions, at the time of sexual congress, on the offspring: The wife was a healthy woman, in body and soul—refined and accomplished in heart and intellect, and of great personal grace and beauty. Her husband was a sober, respectable man when she married. He became a sot. Under the influence and excitement of intoxicating drinks, he sought and

obtained personal intercourse with his wife. An idiotic child was the result—hopelessly and helplessly idiotic. The mother attributed the idiocy to the drunkenness of the father, and justly, without doubt.

Drunkards Excluded No woman, who respects herself or her child, will ever yield to sexual intercourse with a man when he is excited by alcohol, or who habitually or occasionally comes under its influence. *Drunkenness, in any degree, should exclude a man or woman from marriage and parental relations.*

May the day soon come when men and women will so respect the function of reproduction that they will shun all food, drink and pursuits of gain or pleasure that tend to injure and disqualify for parentage of healthy children.

Two Sisters Two young sisters are opposite as the poles in their tendencies; one being fretful, impatient, revengeful and seldom satisfied or in harmony with anything or any person around her; the other is exactly the reverse. Both have the same father and mother. What makes the differ-

ence? The difference in the conditions of the parents at the time of reproduction. The union from which the former derived existence was had when the parents were laboring under pecuniary anxieties and trials that kept them in constant irritation and impatience, and suffering under a sense of wrongs received; that from which the other sprang occurred under circumstances directly the reverse. One will suffer and the other be happy as the result of the different conditions of their parents at the time of conception.

**A Mother's
Testimony**

The following is the testimony of the mother of five children. A stranger asked her one day how it happened that her children manifested such marked difference in their characters. She replied: "I am aware of the difference. It has existed from their birth. They are as different as so many nations. But I know the cause. I can see and feel in each my own mental, affectional and physical conditions at the time of their conception and their birth."

**"Mother's
Marks"**

The effect of the imagination of the mother upon the child before birth is well known. There is hardly any-

one but has known of or seen very remarkable instances where the child has become peculiarly marked as the result of some strange impressions on the mind of the mother. These marks often resemble some object making the impressions. Among many cases may be mentioned that of a lady who had a child covered with hair, with hands shaped very much like the paws of a bear, and which she attributed to having often seen the picture of John the Baptist clothed in a bear's skin. The familiar marks observed on the skins of certain individuals, of different colors, and known by the name of "mother's marks," are attributed to various causes. In many instances they are supposed to have been produced by the mother having longed for some particular thing while pregnant.

**Pure
Blood
Required** In whatever manner the marks are produced, it is a well-known fact that the quality of the mother's blood is very much affected by the state of mind and the various emotions experienced; and as the child must mainly be formed from this blood, its condition is of great consequence to the unborn infant. Joy and a cheerful state of

the mind make the blood rich and pure by accelerating its circulation and thus increasing its nutritive properties. Grief and despondency, on the other hand, cause it to become more or less thin and watery, on account of its circulation being very sluggish; its nutritive properties are, consequently, decreased.

Sexes at Will It is often a matter of the utmost interest in families to have a child of a particular sex. There is always a disappointment in having a number of children, all either boys or girls. The father, as a rule, takes greater interest in his daughters, the mother in her sons. The ideal family is composed of some of each sex.

Thury's Law Many different theories have been advanced concerning sex at will, but we have our doubts about the absolute correctness of any of them. Here is what is known as Thury's law:

He found by a series of experiments with different animals that when the male was given at the first signs of heat in the female, the result was a female; but when the male was given at the end of the heat, the result was male offspring.

Physicians constantly observe that if labor comes a few days before "full term," or just at term, the child is more likely to be a female; but if labor is delayed beyond term, which is the same as saying if the conception took place quite a number of days after the cessation of menstruation, then it is more likely to be a boy.

**Terry's
Theory**

Terry gives as a tested and proved theory that if the *wife* is in a higher state of sexual vigor and excitement at the time of conception, *boys* will be conceived; but if the reverse is true, girls will be the result.

**Dr. Stock-
ham's Idea**

Alice B. Stockham, M.D., believes that sex is in the soul. In that case, the sex of the offspring must be determined by a law of the soul. The parent whose mental forces previous to and at the time of conception are most active and vigorous controls the sex of the child.

**Dr. Fowler's
Observation**

Dr. Fowler says that the greater male power and passion creates boys; female, girls. Conception right after menstruation gives girls, because the female is the most impassioned; later, boys because her waning sexual warmth leaves him the more vigorous.

Dr. Fowler also says that it is thought that impregnation occurring within four days of the closing of the female monthlies produces a girl, because the ovum is yet immature; but that when it occurs after the fourth day from its close, gives a boy, because this egg is now mature; whereas, after about the eighth day this egg dissolves and passes off, so that impregnation is hereby rendered impossible until just before the mother's next monthly period.

Other Observations Queen bees lay female eggs first, and males afterwards. Mares shown to the stallion late in their periods drop horse colts rather than fillies.—*Nephews*.

On twenty-two successive occasions I desired to have heifers, and succeeded in every case by giving the male in the first sign of the heat.—*Swiss Breeder*.

Intercourse in from two to six days after the menses produces girls; in from nine to twelve, boys.—*Medical Reporter*.

Other Theories There are other theories that, it is claimed, have been proven; but all can not be true. Thury's theory is the only one that can be of any practical use to husband and wife.

CHAPTER XI

HEREDITY

Definition of Heredity Heredity is a term applied to that law of living things by which the offspring resembles the parents, the characteristics of one generation being repeated in the succeeding one; or, in other words, the tendency of plants or animals to be in all essential characteristics like their parents.

Two Ideas In the use of the word heredity there are two concepts in mind: First, a general concept that "like begets like," as grapes are produced from thistles, plum trees do not produce apples or pears, neither do cats produce a family of dogs. Chickens produce chickens; the feathers dropped from the body; the traits transmitted from an egg retained in the offspring after its kind. This is one concept of heredity.

But we have another word in a more restricted

Different Races of Man As children we learned that the human family is divided into five general races; later in life we learned that these race features and characteristics are inherited, so that we never look for Indian children from negro parentage, nor Chinamen from Caucasians. These races are again divided and subdivided, so that from the Caucasian or white race one may readily distinguish the different nationalities having their peculiar form and features, traits and characteristics. By these they are distinguished from all other tribes and families. The Irishman is as unlike the German as the Jew is unlike the Swede. The brawny, cautious Scot is the opposite of the vivacious Frenchman, and the sturdy, slow-going Englishman can not sympathize with the irascible Spaniard.

The Bourbon Nose Then, again, in the use of the word, one recalls those striking peculiarities of the individual, such as the "Bourbon nose," which was repeated in successive generations of the royal family of France; also the inherited musical ability of the Bach family, which, in the range of two

hundred years, produced more than fifty musicians.

It is this last conception—the peculiarity of the individual—of which we desire to speak. Each individual has some distinction of form or feature, mental trait or characteristic, by which we recognize his personality and which makes him unlike every other person. And should he become a parent, he will probably transmit his peculiarities in a modified form to his children, so that people will say, "How much those children resemble their father," or "These children inherited their gift of language from their talented father." (We say in a modified form, because the mother also bequeathes her peculiarities.)

Heredity or Prenatal Influence We must also note the distinction between the laws of heredity and those of prenatal influences.

Dr. Sidney Barrington Elliot states the difference in this way: "*Heredity* is that law by which *permanent and settled* qualities of the parents or more remote ancestors reappear in the child, while *prenatal influence* signifies the effect produced on the future being by *temporary conditions* of the parents, as by

temporary mental states (anger, fear, happiness), or by temporary physical conditions (activity, health, exhaustion of a part or of the entire body)."

Like Produces Like The fundamental law is that "like produces like." Professor Riddell says: "This law is modified by a secondary law, namely, that the *acquired* characters of one generation are transmitted to the next. In a sense these two laws stand in direct opposition to each other. The terms 'fixed characters' and 'acquired characters' must be considered as only relative terms. There are in reality no 'fixed characters' in nature. Through the operation of the primary law the fixed characters of the species are reproduced and their established peculiarities maintained. Through the operation of the second law the acquired characters of each generation are transmitted to the next and become a part of its hereditary nature.

"If the first were the only law of heredity, then the species must remain forever unchanged; both evolution and deterioration would be impossible. If the second law were the only one or even the controlling factor, then the environment and conditions of each

generation would so modify the next as to destroy all established types and finally exterminate the species."

A Musician The following is in a mother's own language: "When I was first pregnant, I wished my offspring to be a musician, so, during the period of that pregnancy, I settled my whole mind on music, and attended every musical entertainment I possibly could. I had my husband, who has a violin, to play for me by the hour. When the child was born, it was a girl who grew and prospered, and finally became an expert musician."

Murderous Intent The mother of a young man who was hanged not long ago was heard to say: "I tried to get rid of him before he was born; and, oh, how I wish now that I had succeeded!" She added that it was the only time she had attempted anything of the sort; but because of home troubles she became desperate, and resolved that her burdens should not be made any greater. Does it not seem probable that the murder us intent, even though of short duration, is communicated to the mind of the child, and resulted in the crime for which he was hanged?

**The
Assassin of
Garfield** Guiteau's father was a man of integrity and considerable intellectual ability. His children were born in quick succession, and the mother was obliged to work very hard. Before this child was born, she resorted to every means, though unsuccessful, to produce abortion. The world knows the result. Guiteau's whole life was full of contradictions. There was little self-controlling power in him, no common sense, and not a vestige of remorse or shame. In his wild imagination he believed himself capable of doing the greatest work and of filling the loftiest station in life. Who will dare question that his mother's effort to destroy him while in embryo was the main cause in bringing him to the level of the brutes?

Caution Any attempt on the part of the mother to destroy her child before birth is liable, if unsuccessful, to produce murderous tendencies. Even harboring murderous thoughts, whether toward her own child or not, might be followed by similar results.

**Inheritance
of People
of Note** Dr. Lyman Beecher was a leading man in his day. As a scholar and an orator he was a man of force and he transmitted to six of his children such qualities as

made them superior to himself and gave them a national reputation.

The parents of the Wesleys were noted for their scholarly attainments and high moral character.

The Harrison family were noted in four generations for their military achievements or statesmanlike abilities.

Of musical genius, Mozart, Bach, Beethoven, Rossini and Bellini are noted examples of the workings of the laws of heredity.

Inheritance of Crime and Disease Crime and disease, vice and insanity are inheritances of the human family, as well as virtue and genius. So are blindness and deafness. Scrofula and consumption are known to run in families for generations. The same is true of malformation.

Blindness Inherited Ribot gives this instance: "In one family blindness was hereditary for three generations, and thirty-seven children and grandchildren came blind between their seventeenth and eighteenth years."

Deafness an Inheritance Take, for example, the eloquent and tragic story of Chilmarth, on the island of Martha's Vineyard. There,

among the first settlers who came, now twelve generations ago, were two deaf persons. Today one in every twenty-five persons in that section is deaf, while a large number of the inhabitants are blind, and several are idiots. A scholarly physician, in a recent essay, referring to this region, observes: "This community, isolated from the outer world, has not only retained its primitive customs and manners, but the physical taint in the original stock has also produced a plenteous harvest of affliction. At Chilmarth the mental and physical progress is downward."

Malformation From the New York *World* of August 23, 1896, we clip the following sketch of an intensely interesting and queer people who live in the valley of the Cattaraugus, not far from the city of Buffalo, N. Y.:

"NEW YORK'S CLAW-FINGERED PEOPLE.—All the claw-fingered and claw-toed people of Zoar trace their descent from a man named Robbins, who settled there in the early part of the century. His neighbors noticed that his hands and feet were remarkably deformed, being so bent and twisted that they resembled claws more than human hands and feet.

"He was not inclined to talk about the deformity, and it does not appear that he ever explained how he came by it or where he had lived before coming to Zoar. After his deformity reappeared in his descendants, it became the general opinion that he himself inherited it. Some also believed what has now become a tradition in the valley, that Robbins belonged to a well-to-do Eastern family, and that he settled in this almost inaccessible spot because of his deformity.

"Robbins had several children in whom the claw digits appeared, but in a very much modified form. In the third generation, however, the deformity often reappeared in as marked a degree as it had existed in the original Robbins.

"A peculiar thing about this strange heritage is that it is impossible to tell where or in what form it will appear. Sometimes it is inherited from the father; sometimes from the mother; sometimes it appears in all the children of a family; sometimes only one or two in a large number.

"Sometimes father and mother who have well-formed feet will bring up a large family, all of them badly

and, perhaps, variously deformed; and, again, parents with unsightly digits will have children in whom no deformity appears."

**Alcoholic
Heredity**

Alcoholic heredity, or the transmission of a special tendency to use spirits or any narcotic to excess, is much more common than is supposed. In the line of direct heredity, or those inebriates whose parents or grandparents used spirits to excess, we find that about one in every three cases can be traced to inebriate ancestors. Quite a large proportion of these parents are moderate or only occasional excessive users of spirits. If the father is a moderate drinker, and the mother a nervous, consumptive woman, or one with a weak, nervous organization, inebriety very often follows in the children. If both parents use wine or beer on the table continuously, temperate, sober children will be the exception. If the mother uses various forms of alcoholic drinks as medicines, or narcotic drugs for real or imaginary purposes, the inebriety of the children is very common. Many cases have been noted of mothers using wine, beer or some form of alcoholic drinks for lung trouble, or other affections, and the children born during this period have been

inebriates, while others born before and after this drinking period have been temperate.

Crime The hereditary nature of the criminal propensity is unquestionable. By this is not meant simply that criminals are children of criminals, but also that they inherit such traits of physical and psychical constitution as naturally lead to crime. Ribot says: "The heredity of the tendency to thieving is so generally admitted that it would be superfluous to bring together here facts which abound in every record of judicial proceedings, to prove it."

**Drink
Makes
Idiots** One of the best proven and most disastrous examples of this is seen in children that have been conceived at the time the father was partially intoxicated. There is no doubt whatever that under such circumstances the child is pretty sure either to be *idiotic*, or to have epileptic fits, or to be of a feeble mind and irritable and nervous system.

What a curse does the cup here entail upon the family! Think, oh, father and mother, how horrible to reflect in after years that the idiot owes its wretched existence to the intemperate indulgence of the father!

**Alcoholism
in France**

So serious have become the evils resulting from the use of alcohol by the people of France that the physicians and surgeons of the hospitals have issued a public warning, which is placarded over the country in the hope that it may help to reduce the evils of alcoholism. This placard is distributed by the public powers and posted conspicuously in the public hospitals. It reads, in part, as follows:

“Alcoholics become insane easily and are liable to very painful forms of paralysis. We often treat workingmen who have been very robust and who have become rapidly consumptive because they have regularly taken before each meal their *aperitifs*. *The children of alcoholic parents are almost always badly formed, weak minded, insane, scrofulous or epileptic. They die often in convulsions. Criminals are in large part alcoholics or the children of alcoholics.*” The italics are ours.

**Who People
Our Alms-
houses?**

In the older portions of our country the examples are abundant where vagabondism, pauperism and crime have run in certain families for generations. In many of our almshouses, for instance, may

be found pauper families of three generations, grandparents, parents and children.

From an annual report of the directors of the poor in the state of Pennsylvania, we find the following:

"Go back to the time when this almshouse was built, and what has become of the children that were there with their parents? Their families are in the almshouse today, grandparents and grandchildren. They are turned out at nineteen and come back again with a family of children, and they grow up and go out only to come back again."

Tendencies These are terrible visitations upon the children of men, and if the actual sins were inherited we should be most miserable. But note this fact: it is only the *tendencies* which are inherited. As Rev. M. T. Lamb says:

"The Scriptures teach that the sins of the fathers are visited upon the children unto the third and fourth generation. But thank God there is no fatalism in the sacred Word, for it is added—'unto the third and fourth generation of *them that hate Me.*' The children are not punished for the sins of the parent except they follow their parent's example—

'hate Me.' Through the mouth of the prophet Ezekiel, God most emphatically protests against the fatalistic proverb—"The fathers have eaten sour grapes and the children's teeth are set on edge." "

As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel."

Of the tendency to viciousness, Mr. C. Loring Brace, secretary of the Children's Aid Society of New York, says:

"I believe that the tendency to viciousness may exist in the child, but very often it is dormant; the child is not yet old enough to allow it to have been developed. I believe if such a boy were to continue to live in the same environment to which he had been accustomed from birth—associating with the children of his class, many of whom might be worse than himself—I believe that under those circumstances the hereditary taint would, in course of time, show itself. But we get such boys when they are young; we transplant them to a wholesome farm life, where they soon learn something of the amenities of the family and domestic existence. If they had this dormant, hereditary tendency it is

soon eradicated under the new and wholesome conditions in which they are placed."

To Avoid
Diseased
Children

For what purpose have we brought forward the above facts in regard to inheritance? Merely because of their relation to the important question of prevention. It is this alone which concerns the father who reads these pages, influenced by one of the noblest of all human motives, the desire to benefit his offspring.

The father's care of the health of his child should begin before its birth—nay, before its conception. Proper attention then may avert taints of the system that, once implanted, no medical skill can eradicate. The truth of this statement is recognized by breeders of animals. Mr. Yate, one of the best authorities upon the breeding of horses, observes: "The first axiom to be laid down is this, *like will produce like*; progeny will inherit the qualities or taints of the qualities of the parents. We return to the subject of diseases, and with the conviction that there is scarcely a disease which either of the parents is affected with the foal will not inherit, or, at least, the predisposition to it; even the consequences of ill rearing or hard work

will descend to the progeny. We have had proof upon proof that blindness, roaring, thick wind, broken wind, curbs, spavins, ring-bones and founder have been bequeathed both by the sire and the dam to the offspring. It should likewise be recollected that, although these blemishes may not appear in the immediate progeny, they frequently will in the next generation. Hence the necessity of some knowledge of the parentage both of the sire and dam."

Counter-acting Influence The influence of one parent upon the other in counteracting or intensifying the degree and the certainty with which the physical qualities of one or both are transmitted must be borne in mind. If the same defects be possessed by each parent, they will be quite certain to appear in the children. If only one parent be affected, some or all of the children may escape the inheritance.

It is most fortunate that the tendency of a disease to propagate itself by inheritance is often overpowered by the stronger tendency of a vigorous constitution to impress itself upon the offspring. If it were possible to apply this principle to its fullest extent in

every individual case, by never mating a feeble constitution excepting with one of that healthful vigor best calculated to counteract its transmission, the heritage of disease would, doubtless, soon be unknown.

Hope Held Out Disease is not eternal. The offspring of sinning fathers are not without all hope. The counteracting influence of one parent over the other with transmission of life, of which we have just spoken, does much to maintain healthful vitality and beauty in spite of the degrading tendencies which may be present. In addition, however, there is a force resident in our nature by which the diseased organization tends to return to health.

Were it for this beneficent law the human race did not so rapidly degenerate. The results of its influence are seen in the faces of the children of our race and in the vice that throngs the narrow streets and the wretched houses of our crowded cities. If, happily, time had not purified the degeneration and restored health, we should find in vain there for that comeliness of form, grace of figure, and strength of limb which we now frequently to be observed. In truly said, "the

effects of disease may be for a third or fourth generation, but the laws of health are for a thousand."

The Law of Inheritance *The law of inheritance is a certain*
Variable *but not an invariable one. Its force must not be over-estimated. For if it were always true that the child of a father tainted with insanity or consumption is born with these affections, then moral law would imperatively forbid marriage. It is known that the offspring of a father who has too many or too few fingers sometimes escapes the transmission, when both parents have not been similarly affected. As the child inherits the peculiarities of the mother as well as those of the father, there is hope that nature will right itself.*

Consumption Inherited The most cruel of all the maladies which afflict us, *pulmonary consumption* is the one which is most constantly seen in its hereditary form.

That terrible and invincible foe to human life, *cancer*, is a markedly hereditary affliction. Where the taint exists, medical art has few resources either to prevent its transmission or to antagonize its effects.

Other
Transmis-
sible
Diseases

Gout, asthma and disease of the heart are also transmissible. They are not, of course, exclusively the result of inheritance. They are often developed during the lifetime of individuals whose family record is a clear one. But once having made their appearance in a family, they have a greater or less proneness to recur.

Of all the affections which are transmitted by inheritance, the various *disorders of the nervous system* are the most common. *Hysteria, epilepsy, paralysis* and *insanity* descend from the unhappy parents to the more unhappy offspring.

Insanity Insanity furnishes another illustration of the greater disease-transmitting power of the mother. It is transmitted about one-third times oftener by her than by the father. Again, also, we have an illustration of the greater influence of the mother over the diseases of her daughters; for when the mother is insane, it does not affect the sons any more than insanity in the father would, but, on the other hand, the danger of the daughters is double what it would be if the father, instead of the mother, were the affected parent.

**Laws of
Inheritance
and Disease**

Undoubtedly, judicious marriages would eradicate all hereditary affections. Dr. J. M. Winn, an English physician, who has elaborately studied the nature and treatment of hereditary disease, has drawn up an estimate of the amount of risk incurred under various circumstances, as follows:

"1. If there is a constitutional taint in either father or mother, on *both* sides of the contracting parties, the risk is so great as to amount almost to a certainty that their offspring will inherit some form of disease.

"2. If the constitutional disease is only on *one* side, either directly or collaterally through uncles or aunts, and the contracting parties are both in good bodily health, the risk is diminished one-half, and healthy offspring may be the issue of the marriage.

"3. If there have been no signs of constitutional disease for a whole generation, we can scarcely consider the risk materially lessened, as it so frequently reappears after being in abeyance for a whole generation.

"4. If two whole generations have escaped any symptoms of hereditary disease, we may fairly hope that the danger has passed."

Atavism As a rule, diseases are transmitted directly from the parents to the children, thence to the grandchildren, and so on uninterruptedly from generation to generation. In some cases the transmission takes place from the grandparents to the grandchildren, one generation escaping altogether. This resemblance of a child to its grandparents or great-grandparents, rather than its own father or mother, is known under the scientific name of *atavism*.

It is owing to this influence that disease and deformity, as well as strength and beauty, pass by one generation to appear in another. A child resembles in form or feature its grandfather, or it inherits the epileptic fits or the consumption for which its grandfather is remembered, the father being entirely healthy:

The like of its grandparents rather than to its immediate parents is, although one which does not excite remark from us. But when, as is the case, the child partakes of the character of a very remote ancestor or of one far removed representative of an old line, descended

from a common progenitor, then a feeling of astonishment arises.

**Children
Otherwise
Injured** The children of men who have exhausted themselves by *excesses*, or *solitary vice*, or *insufficient food*, or *severe bodily and mental strain*, are not what they would have been had the father not gone to this excess.

**Intellectual
Men's
Children** Very intellectual men rarely have large families, and though to some extent talent is an inheritance, the children of such a parent are apt to be either quite below or quite above the average.

**Offspring
of Late
Marriages** The offspring of men that marry late in life usually manifest some signs of the decrepitude which marks their senile father. They are not long-lived, and are rarely healthy. Their teeth and hair fall early, and they are perhaps never conspicuous for sturdy muscles and power of endurance.

**Pre-Illness
of Either
Parent** Not unlike are those children which are conceived at a time when the father is recovering from or is threatened with a severe illness. A sound hygiene forbids conception when either par-

ent is physically or mentally unfitted for the act of bringing children into the world. It is not only bad for the parent, but it may bring into the world a child condemned to an early death, or perhaps worse, a lingering and painful life.

The Season of the Year The season of the year exercises a very manifest action on the secretions of the male element. In domestic and wild animals this is familiar to everyone. To a less extent it is seen in the human race. In England there are about seven per cent. more conceptions during the spring months than during any other quarter of the year. The mortality of infants conceived in the springtime is decidedly less than that of those whose existence commenced at any other period of the year.

It would thus be well-defined law indicates that the male, is more capable of action when the icy winter land and the warm breath of spring and evokes, as if by magic, the violets and gay daffodils from the cold earth.

CHAPTER XII

PRENATAL CULTURE

We have considered the law of inheritance by virtue of which physical, mental and moral characteristics of parents tend to re-appear in children. We have also considered the results of temporary physical and mental conditions of parents to influence the character of the child. Shall we leave such a powerful influence to the caprice of chance? Or can the mother, with intelligent forethought, set herself to the marvelous, yes, infinitely important, task of shaping the physical and mental characteristics of her forming child so that it will tend to develop in wished-for directions? If she can do this, what wondrous powers are hers!

Influences at Work

There are two potent influences affecting the character of the child. We refer to the power of the mother's imagination over the physical and mental conditions of her unborn infant, and to the

influence of the mother's mind on the child at her breast.

Dr. Brittan, in speaking of the first of these influences known as prenatal, says:

"The singular effects produced on the unborn child by the sudden mental emotions of the mother are remarkable examples of a kind of *electrotyping* on the sensitive surfaces of living forms. It is doubtless true that the mind's action in such cases may increase or diminish the molecular deposits in the several portions of the system. If, for example, there exists in the mother any unusual tendency of the vital forces to the *brain* at the critical period, there will be a similar cerebral development and activity in the offspring."

In illustration and confirmation of this law, the same author gives the following facts:

"A lady who, during the period of gestation, was chiefly employed in reading the poets and in giving form to her daydreams of the ideal world, at the same time gave to her child (in phrenologic parlance) large *ideality* and a highly imaginative turn of mind.

"Some time since we met with a youth who had finely molded limbs and a sym-

metrical form throughout. His mother has a large, lean, attenuated frame, that does not offer so much as a single suggestion of the beautiful. The boy is doubtless indebted for his fine form to the presence of a beautiful French lithograph in his mother's sleeping apartment, which presented for her contemplation the faultless form of a naked child."

A School-master's Testimony Many years since an old school-master, in the course of his personal experience, observed a remarkable difference in the capacities of children for learning, which was connected with the education and aptitude of their parents; that the children of people accustomed to arithmetic learned figures quicker than those of differently educated persons; while the children of classical scholars more easily learned Latin and Greek; and that, notwithstanding a few striking exceptions, the natural dullness of children born of uneducated parents was proverbial.

Eminent authorities are agreed that conditions influencing a pregnant woman make an indelible impress on the character of her child, modifying and even changing hereditary tendencies.

**A Mother's
Influence**

It is rather too sweeping an assertion to say a mother has within herself the power to bring forth just such a child as she wishes, because not one woman in a thousand has the conditions she wishes for her own physical and mental comfort. The most intimate relation conceivable is that of mother and unborn babe. Each breath she inhales, the food she eats, the emotions she feels, have an immediate effect on the child.

**What the
Father
May Do**

The direct influence of the father is received at the time of conception. Not only the hereditary or permanent characteristics but the condition of his mind and body at that time are transmitted. After that his influence will come through the mother. All her thoughts being equal for the good of the child, it still remains that a healthy mind comes from a strong, clean, upright offspring can be such as desired.

**What
Napoleon's
Mother Did to
for Him**

The influence of the mother over the character of the unborn child is shown to in the case of Napoleon I. At his birth the mother accompanied him in every

ditions of warfare. She not only became familiar with all the horrors and details of war, but enjoyed it, and herself helped to plan. She was on horse-back in the open air most of the time, and acquired perfect physical health. The babe at that time developing afterwards astounded the world with his genius for warfare.

**Dante's
Bequest**

The life of Dante was molded by the effect a vision had upon the mind of his mother, which is described in the language of Dr. Davis as follows: "During the important period immediately preceding the birth of Dante, his young mother saw a startling vision of grandeur and great depth of significance. She beheld a populated globe of symmetrical proportions rise gradually out of the sea and float in mid-heavens. It was decorated with every conceivable element of natural and artificial beauty. Upon a high and grand mountain, which melted away in the distant horizon and sloped gracefully into lands and lakes that spread out to the left, stood a man with a brilliant countenance whom she knew to be her son. She beheld a precipice of abrupt ascent, like the walls of an immeasurable

gulf with depth unknown. Thereupon she thought she fainted with excess of fright. But the son was as serene as the morning star; and looking again, she saw no evil. After this thrilling and beautiful vision, Dante's mother had only in view the greatness of her unborn child—whose genius as a scholar and poet, as a creator of fancies, is known throughout all lands of civilization."

Burns'
Legacy

The mother of Burns gave to him a happy disposition and genius for putting into rhyme the legends and every-day life of the Scotch by the even tenor of her life before his birth. It is said: "It was her frequent pleasure to sing to the weary hours by chanting songs and ballads, of which she had a store."

Character May Be Determined by the mother's influence in her power, by the use of her voice, to confer on her child (not, indeed, the edge which she may herself possess) such a tendency of mind and action of brain as shall not only facilitate the acquisition of knowledge in a particular direction, but make

it morally certain that such knowledge will be sought and acquired.

Not only this, but they indicate also that any desired type of *physical beauty* may be conferred, even where the mother possesses no such quality.

And if this be true in respect to ordinary intellectual abilities and physical features, it must be equally true in regard to extraordinary mental gifts—the qualities of *genius* of every type—and of all *moral* dispositions and *spiritual* tendencies as well.

The following is from the *Arena*, by Mme. Louise Mason:

“At that time I had never known of prenatal influence; I had been warned by an elder sister (my mother dying when I was very young) that I must be very careful not to ‘mark’ the unborn child by any unpleasant sight—that I must always think of my condition and never put my hands to my face in fright or grief. This was to me a revelation, and I thought, if a child could be ‘marked’ for evil, why not for good?

“I would often sit alone in my room, overlooking scenes that were pleasant, and, in a peaceful attitude of mind perfectly passive,

desire that my child should be a girl; that she should have a slight figure, chestnut hair and beautiful eyes; that she should be a musician, a singer, and that she should be proficient in everything she undertook; that she should be superior to all those I had ever known. Here is the result: a beautiful woman in mind and body, with chestnut hair, slight physique, and a phenomenal voice—contralto; she is a philosopher, a student in Delsarte, astronomy, astrology, and masters every study; is eloquent and has one of the most amiable dispositions.

"My love for the unborn was so intense that it had created invisible lines which have grown with the years. She has returned that love a thousand-fold. She is all I desired, and more; and I am confident that with mothers educated in the law of prenatal influence, and properly surrounded, we could have gods upon the earth in the forms of men, created by the highest and purest thought. It should not be an intense longing on the part of the mother, but a quiet, passive thought given, that her child should become whatever her heart yearns for; then she should rest in the belief until the thought is

forced upon her again. Be in the open air as much as possible. Do not eat meat; live upon fruit and grain."

Influence of Mind of Mother There are numerous facts on record which prove that *habitual*, long-continued mental conditions of the mother, at an early period of pregnancy, induce deformity or other abnormal development of the infant.

A Beggar's Hand Prof. J. Lewis Smith, of Bellevue Hospital Medical College, New York, has met with the following case: An Irishwoman, of strong emotions and superstitions, was passing along a street, in the first months of her pregnancy, when she was accosted by a beggar, who raised her hand, destitute of thumb and fingers, and in "God's name" asked for alms. The woman passed on, but, reflecting in whose name money was asked, felt that she had committed a great sin. Harrassed by the thought of her imaginary sin, so that for weeks, according to her statement, she was distressed by it, she approached her confinement. A female infant was born, otherwise perfect, but lacking the fingers and thumb of one hand. The deformed limb was

on the same side, and it seemed to the mother to resemble precisely that of the beggar.

Purple Swelling on Face Becoming suddenly alarmed from seeing her husband come with his face swollen by a blow, a pregnant woman bore a girl with a purple swelling upon the same side of the face.

A Streak of Lightning A pregnant woman known to the writer was much frightened in a storm by a stroke of lightning. Her child bears a zigzag streak upon its forehead, supposed to be caused by the fright.

How Does This Influence Act? Through the blood of the mother. Only a very delicate membrane separates the vital fluid of the mother from that of the infant in her womb. There is a constant interchange of the blood in its body with that in hers through this exceedingly thin membrane, and thus all nervous impressions which have produced an alteration of either a temporary or permanent character in the circulating fluid of the mother are communicated to the child. Since the mother, as has been shown, can transmit through her blood certain characteristics of mind and body not her own—for instance, a disease

peculiar to a male from her father to her son, or the physical and mental traits of her first husband to the children by her second—it does not seem at all strange that she should through this same medium, her blood, impart other peculiarities which have made a strong impression upon her mind. Anatomy and physiology, therefore, fully explain and account for this seemingly mysterious influence.

CHAPTER XIII

THE NORMAL BABY

Development

An inexperienced mother is often greatly at a loss to know whether a baby is properly thriving or not, and may be unduly alarmed at small matters, or may not understand the serious nature of certain conditions. It may be helpful to mention the leading characteristics of a normal, healthy baby, and the mother may assume the lack of these conditions to show that temporarily or otherwise the baby is not in perfect health:

A steady gain in weight.

Bowel movements of the normal number, color and consistency.

Absence of vomiting or regurgitation of the food.

A good appetite.

A clear skin.

Bright, wide-open eyes.

Alert, springy muscles, which respond readily to any stimulus.

A contented expression.

Very little crying.

Quiet, unbroken sleep, with eyes and mouth tightly closed.

No evidence of pain or discomfort.

A constant growth in stature and intelligence.

Other points in a normal development are:

The soft spot in the top of the head begins to close at fourteen months and should be entirely closed at two years.

The baby learns to hold up his head, unsupported, during the fourth month.

He laughs aloud from the third to the fifth month.

He reaches for toys and holds them from the fifth to the seventh month.

At seven or eight months he is usually able to sit erect and hold the spine upright.

During the ninth and tenth months he makes the first attempts to bear the weight on the feet and can usually stand with assistance at eleven or twelve months.

He begins to walk alone in the twelfth and thirteenth months and walks alone at the fifteenth or sixteenth month.

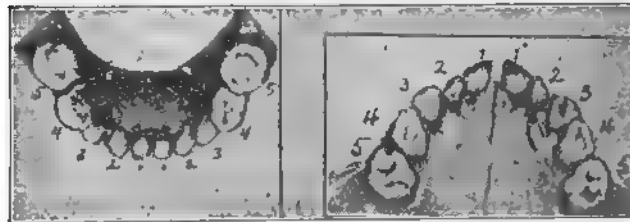
At one year usually a few words can be spoken, and at the end of the second year the baby makes short sentences.

Children differ in the rapidity of their development, some being slower and some faster; therefore the mother should not be unduly alarmed at variations from this statement, although marked differences should put her on guard.

Teeth The embryonic teeth begin to develop at least six months before birth. It is probable that a nutritious diet for the prospective mother lays the foundation for healthy teeth in the baby and that lack of proper food for the mother may deprive both her own and the baby's teeth of some part of their normal vigor. Every child has two sets of teeth. The first set known as the deciduous or "milk" teeth, are replaced, beginning at about the sixth year, with the permanent or "second" teeth. Nearly all so-called "teething" troubles occurring during the first period, as a disturbance connected with the coming of the

At birth the position of both sets lies partly imbedded in the alveoli of the jawbone, surrounded and covered by the softer tissues of the gums. As the baby grows, the teeth grow larger and if the baby is healthy they are retracted from the gums, be-

ginning at about the seventh month of life. There are twenty of the milk teeth, five in each half jaw. The teeth appear in groups. There are five of these groups, with intervals between their appearance. After the first



LOWER JAW

UPPER JAW

- | | |
|---|---|
| 1. First incisor, six to nine months. | 1. First incisor, eight to twelve months. |
| 2. Second incisor, twelve to fifteen months. | 2. Second incisor, eight to twelve months. |
| 3. Canine or "stomach," eighteen to twenty-four months. | 3. Canine or "eye," eighteen to twenty-four months. |
| 4. First molar, twelve to fifteen months. | 4. First molar, fifteen months. |
| 5. Second molar, twenty-four to thirty months. | 5. Second molar, twenty-four to thirty months. |

group there is a pause of five to eight weeks; after the second a pause of one to three months; after the third, one of from two to three months; after the fourth, one of from two to four months. Thus, by the time the

baby is one year old it may have six teeth; at one and one-half years there should be twelve; at two years, sixteen teeth; and at two and one-half years the entire set should be cut. There is considerable variation, both as to the order in which they appear and in the time, so that the mother need not be alarmed if her baby does not follow the average as above stated, but if the baby has no teeth at the end of the first year it can hardly be said to be developing properly. Probably the diet is at fault, or some disease is retarding the growth of the baby in general. In such a case the doctor should be consulted.

**Deciduous
or "Milk"
Teeth** The above illustrations, with the appended notes, show the position of the teeth in the mouth, their names, and the approximate times of their appearances.

This set of teeth is replaced by the permanent set, beginning about the sixth year. A child should be taken to the dentist at this time, if, as sometimes happens, the milk teeth are so firm that they do not fall out, but, remaining in the jaws, crowd back the second set and cause them to come in misshapen and irregular.

**Growth of
"Milk"
Teeth** During the second year the baby should have more or less dry, hard foods on which to chew. There is sometimes a tendency to keep a baby too long on an exclusively soft diet for fear that solid food will upset him, but it is important to the development of strong, healthy teeth that they shall have exercise in biting and chewing. Begin by giving the baby of about a year of age some dry, hard crust or toast, or hard crackers, at the end of a regular meal. During the second year, other kinds of food requiring chewing may be gradually added to the diet list and taken as part of the regular meals.

**Care of
"Milk"
Teeth** It is generally believed that much of the health of the second teeth depends upon the care that is given to the first set. As soon as the molars make their appearance they should be gently cleaned each day with a soft brush. As the baby grows into childhood he should be taught the daily care of his own teeth.

**Ailments of
Teething** Altogether teething is a natural process and is not alone responsible for all the illness attributed to it, nevertheless, there is no doubt that many babies

suffer severely while cutting their teeth. When the gums are red and swollen it sometimes affords relief if they are lanced, and it may be well to have a doctor examine the baby's mouth to see if the operation is needed. The process of teething is occasionally associated with digestive disturbances. The number of stools may increase and vomiting may occur. The baby may be restless and fretful and try continually to bite on something. In all these cases the quantity and strength of the food should be reduced and drinking water should be offered at frequent intervals. No teething lotions nor medicines of any kind should be given for the relief of the pain of teething. If they do relieve it, it is probably because they contain opium in some form or other narcotic drugs.

There is a dangerous tendency to attribute to teething many ailments which are due to other causes. The teeth begin to appear at about the same time that the baby is being weaned and new foods are being tried. Disturbances of the digestive tract are very likely to occur for these reasons. If the baby cuts his teeth in the summer, his illness may be due to excessive heat, to improper feeding

or overfeeding, and to the pain of cutting the teeth, and it would be difficult to say which factor is chiefly responsible. In any case, careful feeding is of the utmost importance.

The baby should not be expected to gain in weight during these periods of painful eruption of the teeth, but the weight may remain stationary for two or three weeks without harm. The baby should not be urged to eat when he has no appetite, merely for the sake of the desired increase in weight. After the disturbance has passed he will be hungry and will soon regain the lost ground. On the other hand, if the baby is coaxed to take more food than he wants, his digestion is sure to be upset, and this, added to the pain of teething, may result in serious illness. The "second summer" has gained a reputation for being the most critical period of the baby's life, but, as a matter of fact, statistics show that the first summer is a much more hazardous time, and if properly fed and cared for a healthy baby should be brought through the second summer in perfect condition.

Weaning Weaning is the process whereby the baby is gradually deprived of breast

milk. It should proceed slowly, one bottle feeding being substituted for one breast feeding during the day for some time, then two bottles, and so on until all breast feeding has been done away with and the baby is entirely weaned. In order that this change may be accomplished with as little disturbance as possible, one bottle feeding may be given to the baby in twenty-four hours as early as the fifth or sixth month. This will hardly be sufficient to upset the baby's digestion and yet will serve to accustom him to the taste of strange food and to the use of the bottle, and to begin the education of the stomach in dealing with new materials.

**When to
Wean**

In most cases the baby should be weaned by the end of the first year and in some cases from one to three months earlier, depending largely upon the health of the baby, the amount and quality of the breast milk, and upon the time of the year. It is unwise to wean the baby in the heat of summer or when infant illness of any sort is epidemic. It has been proved over and over again that breast milk will save a sick baby's life and restore him to health after the strain of a long, hot summer,

and that often there is no other food that can be relied upon to accomplish the same result. Therefore, even though the breast milk must be supplemented with one or several bottles, it is wise to nurse the baby through the summer so that the breasts will not cease entirely to secrete and may be called on in an emergency. If the baby is weaned at ten months or earlier he may be fed by bottle; if not until the end of the year, he may be taught to drink from a glass or cup directly.

If drinking water has been given by means of a nursing bottle during much of the first year, the baby will take his food in the same way the more readily. A healthy infant weaned at nine months should begin with the food for an infant of four or five months. If he digests this mixture well, the strength can be increased until within two or three weeks he is taking the food full strength. Increase in the diet should be made with special caution at the beginning of summer or during the heat, when there is great danger of inducing diarrhea. *It is far better to keep the baby on rather a low diet, even without increasing his weight, than to upset the intestinal tract by overfeeding.* If after

trying a new food, vomiting occurs or the stools show that there is indigestion, it is always best to return to the weaker food until the disturbance has subsided.

**Weaning
from the
Bottle**

An artificially fed infant is weaned from the bottle by beginning at ten months to substitute one feeding a day from the spoon or cup for one bottle feeding, gradually increasing the number of such feedings until the baby is weaned, usually by the thirteenth month. The mother will find it a convenience to continue the bottle for the night feedings as long as necessary.

Sleep

The infant brain increases in size two and one-half times in the first year, a greater growth than takes place during all the remainder of life. At the same time this enormous development is taking place throughout the little body are growing. During sleep the body tissues are recharged with the energy and materials needed for the activity of the waking hours. It is manifest, therefore, that infants must have a correspondingly large amount of sleep. He should be provided with the best possible

sleeping accommodations, so that the hours of sleep may be of the greatest value to him. He should always sleep in a bed by himself, and whenever possible in a room by himself, where he need not be disturbed by the presence of other persons, and where light, warmth and ventilation may be adjusted to his particular needs. A young baby sleeps eighteen or twenty hours out of twenty-four. At six months of age a baby sleeps about sixteen hours, at one year about fourteen hours, and at two years at least twelve hours. Daytime naps should be continued as long as possible.

Regularity of Sleep A baby should be trained from the beginning to have the longest period of unbroken sleep at night. Some babies get a wrong start in this respect and make great trouble by turning night into day. A strong argument in favor of the three-hour nursing interval is that it does away largely with the need of waking the baby to nurse. Nature intends that the baby shall awaken when hungry, and this normally occurs about once in three hours in a healthy baby, so that with a little care the regular feeding interval can be made to coincide with the normal

periods of waking. If the baby is still sound asleep when the three-hour period has come around, he should be gently roused and put to breast. This will involve little shock to his nerves, because he will be about ready to waken in any event.

For the first three months the baby will probably sleep both morning and afternoon. As he grows older these two naps will be merged into one, and an effort should be made to have the longest waking interval in the afternoon, gradually training the baby to stay awake long enough at that time to be quite ready to drop off to sleep for the night as soon as he has had his supper. A mother who must prepare and serve the evening meal of the family will find it a great comfort to give the baby his supper at half past five and leave him in his crib at six. For the first few months he will be fed again about ten o'clock, but thereafter he should not be taken up. He is more comfortable in every way, though he should be put out, the window opened, his covers adapted to the temperature, but after that the mother has assured herself that everything is done to his comfort has been attended to, she should not go to

him when he cries, if he is a perfectly healthy baby. A few nights of this training will result in entire comfort for the baby and the family, while the opposite conditions will make the baby a tyrant who ruthlessly spoils the comfort of the entire household.

**Tempera-
ture of
Sleeping
Room**

For very young or delicate babies the temperature of the sleeping room should be kept at about sixty-five degrees. After the baby is three months old the temperature may be permitted to fall to fifty-five degrees and during the second year to forty-five. Strong and healthy babies are quickly accustomed to cool and even cold sleeping rooms and usually sleep more soundly and keep themselves covered better than when sleeping in warm rooms. In the severe northern winter where the temperature drops many degrees below freezing before morning the baby must wear a flannel nightgown over the cotton one. The sleeves should be pinned together over the ends of the fingers so that the hands will be covered. A very soft flannel nightcap may be needed and heated articles, such as hot-water bottles or bags of sand or salt may be

placed in the bed, great care being taken that they are covered in such a way that the baby can not be burned. The baby should also take his daytime naps in a cold room.

Comfortable sleep during the heated portion of the year is more difficult to secure. The most airy room should be chosen, and all the baby's clothing removed, save the diaper and a very thin cotton gown with loose sleeves. It is better, if possible, to keep the baby out of doors during late afternoon and evening until the rooms have cooled. If there is a screened porch, he may sleep out all night, with sufficient protection from sudden changes in the weather. Out-of-door sleeping in summer, both by night and day, is excellent for the baby after he is a month or two old, provided always that he is protected from flies and mosquitoes, shielded from the sun and wind, and is covered warmly if there is a sudden drop in the temperature. A baby should never be put down to sleep in all his clothes. His shoes, especially, should be removed, and, unless the weather is very cold, it is better to remove the stockings, also. But the baby's feet must always be kept warm.

Disturbed Sleep If the baby sleeps lightly, wakens often and seems uncomfortable, it may be that something is disturbing him which can be remedied.

He may be nervous from having been tickled, played with, or tossed about in the latter part of the day. Overstimulation is to be avoided at all times, no matter what its source or what the age of the baby.

He may be too warm, too cold, or wet; there may be something scratching him, or there may be wrinkles in the bedclothing; he may be lying in a cramped position, or the band or diaper may be too tight.

Or, more likely, he has been overfed, or has had something unsuitable to eat, or is hungry or thirsty.

The room may be too hot, too cold, too light, too noisy, or not sufficiently aired. The conditions which make sleep a delight to older persons affect the baby in the same way, namely, plenty of fresh air passing in a constant current through the room, quiet, a clean body, and clean, comfortable clothing, a good bed, and suitable coverings.

A cool bath or a warm one, according to the temperature, will help to induce quiet

sleep. In the summer, when the baby is fretful and sleeps restlessly, a tub bath at bedtime will help to relieve him. A little baby should be turned over once or twice in the course of a long nap.

Medicines Never give a baby any sort of medicine to induce sleep. All soothing syrups or other similar preparations contain drugs that are bad for the baby, and many of them are exceedingly dangerous. Many babies die every year from being given such medicines. The baby should never be allowed to go to sleep with anything in the nature of a pacifier in his mouth. Thumb and finger sucking babies will rebel fiercely at being deprived of this comfort when they are going to sleep, but this must be done if the habit is to be broken up. The baby ought to have peace in which to sleep, but he should be taught to sleep through the ordinary household noises, unless they are unduly disturbing. It should not be necessary to walk on tiptoe and talk in whispers while the baby sleeps, provided he has a room to himself during his daytime naps.

HABITS, TRAINING AND DISCIPLINE

Habits are the result of repeated actions. A properly trained baby is not allowed to learn bad habits which must be unlearned later at great cost of time and patience to both mother and babe. The wise mother strives to start the baby right.

Systematic Care In order to establish good habits in the baby, the mother must first be aware what they are, and then how to induce them. Perhaps the first and most essential good habit is that of regularity. This begins at birth, and applies to all the physical functions of the baby—eating, sleeping and bowel movements. The care of a baby is readily reduced to a system unless he is sick. Such a system is not only one of the greatest factors in keeping the baby well and in training him in a way which will be of value to him all through life, but reduces the work of the mother to the minimum and provides for her certain assured periods of rest and recreation.

As a sample of what is meant by a system in baby care the following plan is suggested,

which may be variously modified to suit particular cases:

Six a. m., baby's first nursing.

Family breakfast; children off to school.

Nine a. m., baby's bath, followed by second nursing.

Baby sleeps until noon.

Twelve to twelve thirty, baby's noon meal.

Out-of-door airing and nap.

Three to three thirty p. m., afternoon nursing.

Period of waking.

Six to seven p. m., baby's supper and bed.

It is quite feasible to have the baby's night meal at eleven thirty or twelve o'clock, in order to give the mother a chance to spend an occasional evening in pleasant recreation.

Playing with the Baby The rule that parents should not play with the baby may seem hard, but it is without doubt a safe one. A young, delicate or nervous baby especially needs rest and quiet and however robust the child, much of the play that is indulged in is more or less harmful. It is a great pleasure to hear the baby laugh and crow in apparent

delight, but often the means used to produce the laughter, such as tickling, punching, or tossing, makes him irritable and restless. It is a regrettable fact that the few minutes of play that the father has when he gets home at night, which is often almost the only time he has with the child, may result in nervous disturbance of the baby and upset his regular habits.

The mother should not kiss the baby directly on the mouth nor permit others to do so, as infections of various kinds are spread in this way. She needs also to be cautioned about rocking the baby, jumping him up and down on her knee, tossing him, shaking his bed or carriage, and, in general, keeping him in constant motion. All these things disturb the baby's nerves and make him more and more dependent upon these attentions. But this is not to say that the baby should be left alone too completely. All babies need "mothering," and should have plenty of it. When the young baby is awake he should frequently be taken up and held quietly in the mother's arms, in a variety of positions, so that no one set of muscles may become over-tired. An older child should be taught to

sit on the floor or in his pen or crib during part of his waking hours, or he will be very likely to make too great demands upon the mother's strength. No one who has not tried it realizes how much nervous energy can be consumed in "minding" a baby who can creep or walk about, and who must be continually watched and diverted, and the mother who is taking the baby through this period of his life will need to conserve all her strength, and not waste it in useless forms of activity.

Bad Habits Some of the bad habits which a baby learns are these:

Crying Crying ought not to be classed as a bad habit without some modification, for although a well-trained baby does not cry very much he has no other means of expressing his needs in the early months of life, and his cry ought to be heeded. But when a baby cries simply because he has learned from experience that this brings what he wants, it is one of the worst habits he can learn, and one which takes all the strength of the mother to break. Crying should cease when the cause has been removed. If the baby cries persistently for no apparent cause the

mother may suspect illness, pain, hunger or thirst. The first two of these causes will manifest other symptoms, and the actual need for food may be discovered by frequent weighing. But if finally, after careful scrutiny of all these conditions, no cause for the crying can be found, the baby probably wants to be taken up, walked with, played with, rocked or to have a light, or to have someone sit by him—all the result of his having learned that crying will get him what he wants, and sufficient to make a spoiled, fussy baby, and a household tyrant whose continual demands make a slave of the mother. It is difficult to break up this habit after it has once been formed, but it can be done. After the baby's needs have been fully satisfied he should be put down alone and allowed to cry until he goes to sleep. This may sound cruel, and it is very hard for a young mother to do, but it will usually take only a few nights of this discipline to accomplish the result. In some cases persistent crying may be due to causes not readily discernible by the mother; in this event, the opinion of a good doctor as to the cause of the crying should be sought.

"Pacifiers" ^{or} **"Comforts"** The extremely bad habit of sucking on a rubber teat, or a sugar ball, or a bread ball, or any other similar article, is one for which someone else is entirely responsible. The baby does not teach himself this disgusting habit, and he should not have to suffer for it. Some of the evil effects ascribed to this habit are that it spoils the natural arch of the mouth by causing the protrusion of the upper jaw; it induces a constant flow of saliva and keeps the baby drooling; the pacifier is never clean and may readily carry the germs of disease into the baby's mouth; and last and not least, it is a habit which is particularly disfiguring to the baby's appearance. The pacifier, of whatever variety, must be destroyed, and no such object should be permitted in the baby's mouth under any circumstances.

Thumb or Finger Sucking This is another habit leading to the same results as the use of pacifiers, but one which the baby may acquire for himself, although it is frequently taught to him. To break up either habit requires resolution and patience on the part of the mother. The thumb or finger must be persistently and constantly removed from the

mouth and the baby's attention diverted to something else. The sleeve may be pinned or sewed down over the fingers of the offending hand for several days and nights, or the hand may be put in a cotton mitten. Ill-tasting applications have very little effect. There are patent articles for holding the hand from the mouth sold in stores, but the persistent covering of the hand often works very well. The baby's hands should be set free now and then, especially if he is old enough to use his hands for his toys, and at meal times, to save as much unnecessary strain on his nerves as possible, but with the approach of sleeping time the hand must be covered.

Bed Wetting It requires great patience and persistence on the mother's part to teach the baby to control the bladder. Some babies may be taught to do this during the day by the end of the first year, but it is ordinarily not until some time during the second year that this is accomplished. It is necessary to put the baby on the chamber at frequent intervals during the day. Bed wetting may be due to some physical weakness if it persists in children three years old and

over. A doctor should be consulted. In ordinary cases, it may suffice if no liquid food is given in the late afternoon and if the baby is taken up the last thing before the mother retires.

Masturbation

This is an injurious practice which must be eradicated as soon as discovered, if at all, as it easily grows beyond control. It is as common in girls as in boys. If the mother discovers the baby rubbing its thighs together or rocking backward and forward with its legs crossed, she should divert him at once to some other interest. Nurses sometimes ignorantly rub the genital organs of babies thinking that it quiets them, but nothing could be more deplorable than this. Mothers can not be too watchful of nursemaids and the methods they employ to quiet or amuse a baby. Children are sometimes wrecked for life by habits learned from vicious nurses, and mothers can not guard too strictly against this evil. Another way in which this habit is learned is by means of playthings which rub upon the sensitive parts, such as rocking horses, swings, teeter boards and the like. The habit may also be due to some local irritation, and it is wise to consult

the doctor at the first evidence of the trouble. In the case of babies the treatment consists in mechanical restraints. A thick towel or pad may be used to keep the thighs apart, or at night the hands may have to be restrained by pinning the nightgown sleeves to the bed, on the feet may be tied one to either side of the crib. Wet or soiled diapers should be removed at once. Cleanliness of the parts is of great importance.

**Punish-
ment** Harsh punishment has no place in the proper upbringing of the baby. A baby knows nothing of right or wrong, but follows his natural inclinations. If these lead him in the wrong direction the mother must be at hand to guide him in another and better one and to divert his eager interest and his energy into wholesome and normal directions. This is the golden rule in the training of babies and one which applies to the training of children of all ages. Many parents conceive that their whole duty is to thwart and forbid, enforcing their prohibitions with penalties of varying degrees of severity, forgetting that they are dealing with a sensitive being endowed with all the desires, inclinations and tendencies that they them-

selves have, and that if these natural feelings are continually suppressed and thwarted they are sure to seek and find some outlet for themselves. A child who is often punished may be so dominated by fear of his parents that the natural expression of his vital interests, being denied him, he becomes sullen and morose as he grows older.

**Early
Training**

The training in the use of individual judgment can be begun even in infancy; a child should early be taught to choose certain paths of action for himself; and if he is continually and absolutely forbidden to do this or that he is sometimes seriously handicapped later, because he does not know how to use his own reasoning faculties in making these choices. On the other hand, obedience is one of the most necessary lessons for children to learn. A wise mother will not abuse her privilege in this respect by a too-exacting practice. For the most part she can exert her control otherwise than by commands, and if she does so her authority when exercised will have greater force and instant obedience will be more readily given.

Most of the naughtiness of infancy can be traced to physical causes. Babies who are

fussy, restless and fretful are usually either uncomfortable in some way because they have not been properly fed and taken care of, are sick or ailing, or have been indulged too much. On the other hand, babies who are properly fed, who are kept clean, and have plenty of sleep and fresh air, and who have been trained in regular habits of life, have no cause for being "bad" and are therefore "good."

It must not be forgotten that the period of infancy is a period of education often of greater consequence than any other two years of life. Not only are all the organs and functions given their primary education but the faculties of the mind as well receive those initial impulses that determine very largely their direction and efficiency through life. The first nervous impulse which passes through the baby's eyes, ears, fingers or mouth to the tender brain, makes a pathway for itself; the next time another impulse travels over the same path it deepens the impression of the first. It is because the brain is so sensitive to these impressions in childhood that we remember throughout life things that have happened in our early years while nearer

events are entirely forgotten. If, therefore, these early stimuli are sent in orderly fashion, the habits thus established and also the tendency to form such habits will persist throughout life.

CHAPTER XIV

HOW TO KEEP THE BABY WELL

Care and Home Treatments The suggestions contained in the following pages are not intended to be a substitute for the care and advice of a physician. But since many mothers are so situated as to be unable to command the services of a physician at once and since in any case there may be a delay in his arrival it is well for the mother to understand something of the symptoms of illness and be prepared to deal intelligently with the emergencies that may arise in connection with the care of her children. In all cases of illness the discretion and self-control of the mother are of infinite assistance to the doctor and when the physician's services are not immediately available the life of the child may depend on the coolness and wisdom of the mother.

The old and most pernicious idea that a certain amount of illness is the necessary accompaniment of infant life is happily fast dying. With the constant increase in the

knowledge of the conditions that lead to sickness among children, it is seen that a very large proportion of such illnesses and deaths are preventable by the application of the well-established rules for the proper care of babies. *It should therefore be the aim of all intelligent mothers to learn how to save their children from needless illness.*

It is said that nine-tenths of all infant illness is due to improper feeding. Whether this is the exact proportion or not, it is quite certain that many babies suffer unnecessarily from mistakes in diet, and it is in this field that the intelligence of the mother is of the greatest value. Babies are usually born healthy, and if they are fed at the breast, or, when this is not possible, with strict regard to the rules for proper artificial feeding, and if they are given hygienic care in other respects and allowed to develop in a natural, normal way, there is little reason why they should be sick, and the responsibility for this rests finally upon the parents. In the following paragraph is given some account of the minor ailments that may attack babies, together with a brief description of the symptoms of more serious illness

at the appearance of which medical advice should be sought whenever possible.

Most of these suggestions apply as well to older children, as there is no hard and fast boundary line to separate the ailments of infancy from those of childhood.

COMMON AILMENTS

Diarrhea The normal, healthy baby usually has one or two stools a day. If the number increases to four or more the mother should be on her guard against diarrhea. Diarrhea is a symptom of nearly all the disturbances of digestion in infancy, both of the mild and of the severe types. The doctor should be consulted at once if possible, for even a slight attack of diarrhea, unless correctly treated, may lead to a severe disturbance such as cholera infantum. Diarrhea is far more frequent in summer than in winter. This is chiefly because the baby is directly affected by the hot weather so that he is more easily upset by his food. Therefore in hot summer weather all babies, and especially bottle-fed babies, should receive especial care. They should be kept as cool as possible. They should be outdoors except when

it is cooler indoors; all unnecessary clothes should be removed, a band and diaper being sufficient clothing; frequent cool sponge baths should be given, and the amount of food on especially hot days should be reduced to two-thirds of the ordinary amount, large quantities of water being given in addition.

The disease is more frequent in bottle-fed babies. If it occurs in a nursing baby it is usually because the baby has been nursed too often or at irregular intervals, or has been given food other than milk. Extend the nursing interval and allow the baby to nurse only five or ten minutes. If the trouble continues withhold the breast altogether for some hours until there is an improvement. Give a little water to drink now and then.

For bottle-fed babies, if the disturbance is slight, the amount of milk used in the feedings should be reduced by half, skimmed and all sugar omitted. If the trouble is more severe, all food should be stopped, only plain boiled water should be given, and a physician should be consulted at once.

A baby takes some time to get back to full vigor after even a slight digestive disturbance, and the return to food must be

gradual. It will take from ten days to two weeks to restore the normal condition of the digestive tract. A second attack of illness occurs much more readily than the original one.

Constipation

A nursing baby often responds to this condition in the mother. The mother should have a free evacuation of the bowels each day. If she is regular and the baby is still constipated, he must be held over the chamber at exactly the same hour every day in the effort to induce regular movements. Persistence in the establishment of a regular bowel habit in the baby prevents much of this trouble. Orange juice may be given once a day an hour before his midmorning feeding after the baby is six months old. Other remedies are suggested in connection with the treatment of the bottle-fed baby.

Constipation in a bottle-fed baby is more difficult to relieve. After the baby is five or six months old, oatmeal gruel may be found useful in this condition, and fruit juices as well. Orange juice may be given at five or six months and the strained pulp of prunes or baked apple in the second year. Massage

of the abdomen may be tried. Just before holding the baby over the chamber, undress him as much as necessary and let him lie on his back. Moisten the hand in warm olive oil, albolene or vaseline, and gently massage the abdomen, using a light circular movement and very little pressure. Begin just above the right groin, carry the hand to the ribs, then across the body and down on the left side. Keep this up for five or ten minutes, but do not let the baby become chilled.

Enemas are not to be commonly employed. If resorted to frequently they cause the bowel muscle to lose its tone and soften and dilate the bowel wall. The ideal treatment consists in the education of the intestine in the regular, unaided performance of its natural function, which is best achieved by persistence in a suitable diet. Do not give drugs for the relief of this condition, save under the doctor's direction.

If the baby is constipated, a soap stick or a gluten suppository may be tried. Take a piece of firm white soap half an inch thick and about two inches long and shave it down toward one end until the point is about one-quarter of an inch thick and perfectly smooth.

Wet the soap stick or dip it in vaseline before using it. Hold the stick by the thick end, insert the other end in the anus, and allow it to remain in one or two minutes. Gluten suppositories may be purchased at a drug store and are accompanied by directions for their use.

If the baby is badly constipated and needs relief at once, an enema may have to be used. For a baby six months old or over use a pint of warm water (ninety-five degrees) in which a teaspoonful of common salt has been dissolved, and half as much or less for young babies. Or if the constipation is especially severe, one to two tablespoonfuls of warm olive oil may be used instead of the salt solution.

To give an enema, use an infant syringe, which is merely a rubber bulb with a nozzle on one end. To fill it, squeeze the bulb while holding the nozzle under water; when the bulb is released it will fill with water by suction. Let the baby lie on his back across the mother's lap, having the buttocks somewhat elevated by means of a folded towel placed under the hips. This position will cause the water to run up into the bowel

more readily and serve to catch any drip. Lift the baby's feet with the left hand and with the right introduce the nozzle, which has been greased with vaseline, inside the anus (the opening to the bowel), directing it toward the back. The operation will cause the baby little or no suffering if gently and slowly performed, although if he is badly constipated the starting of the movement may be somewhat painful. When the liquid has been injected, remove the nozzle and press the towel against the opening to the bowel to retain the water until the baby can be placed over the chamber. As the enema sometimes comes away as the nozzle is withdrawn, the mother's clothing should be well protected. If a fountain syringe must be used, the bag should be held hardly higher than the baby, or the water will have too great force.

Hiccough This is a spasm of the diaphragm. In infants it is usually due to an irritation of the stomach caused by overfilling the stomach or by swallowing air with the food. In some cases it may be brought on as the result of a sudden exposure to cold. Care should be taken to avoid these causes. When the trouble is in progress, gentle massage of the

abdomen or placing the baby face downward across the mother's lap will sometimes afford relief. A few drops of water to drink may help.

Colic This is caused by indigestion due to overfeeding, improper feeding, or too frequent feeding. The bowel is distended by gas, giving rise to severe pain. The baby cries sharply, alternately drawing its legs up to the body, then kicking them away. One of the best means of relief is a small enema of warm water, which will serve to relieve the pain by driving out the gas from the intestine. The feet and legs should be kept very warm, and the abdomen may be massaged with warm oil. Do not feed the baby while the attack lasts. Though the introduction of warm milk into the stomach may quiet the baby temporarily, the pain will return with greater intensity. Warm water may be given if the baby will swallow it. Colic is peculiarly an ailment of young babies and usually disappears by the third or fourth month. It is also very common in breast-fed babies. Constipated babies are more liable to it than others, and attention should be given to remedying this condition

as a method of preventing colic. Colic is also caused by cold, and if the baby has been chilled in any way it is well to place him in a warm bath for five or ten minutes, wrapping him warmly after taking him out of the water. The temperature of the bath should be about one hundred degrees.

Convulsions This is, to the mother, one of the most alarming illnesses of infancy. It is always a symptom of some disturbance and the cause may be slight or very serious. Accordingly, in case any sort of twitching or convulsive motions are noticed, it is wise to send at once for a doctor. If a convulsion occurs before the doctor comes, keep the baby as quiet as possible, with cold cloths to the head. An enema of warm, soapy water may be given. Have plenty of hot water ready so that the doctor may give a hot bath if he desires. Constipation is one of the causes of convulsions, and it is most important to keep the bowels freely open if a child shows a tendency to this trouble. Do not feel alarm if the physician administers chloroform, but never attempt its use yourself, as the slightest error in its administration may prove fatal.

Croup Catarrhal croup is one of the most alarming diseases of childhood, but it is practically never fatal. It is believed that children with enlarged tonsils and adenoids are more subject to it than others. The onset is very sudden. The child goes to bed apparently in good health and awakens a few hours later with a hoarse, metallic cough most alarming to mothers, and loud, difficult breathing.

The baby should be taken up and warmly wrapped. The room should be made very warm and a kettle of water set to boil. If the house is piped with water, the hot water may be turned on in the bathroom or kitchen, all the doors and windows closed, and the hot, moist atmosphere will soon cause the paroxysm to relax. If kettles of water must be used, the steam will be more effective if confined under a tent made from a large umbrella or a sheet thrown over the crib. A gas or alcohol stove may be used to keep the kettle boiling. There is a "croup kettle" on the market which is very convenient. It has a long spout which carries the steam where it is needed. Mild attacks of croup will often yield to the application of warm,

moist cloths about the throat, using great care not to burn the baby's flesh. When possible, the doctor should be summoned in order to make sure that the baby is not suffering from laryngeal diphtheria.

When the attack is over, all damp clothing should be removed and the room very gradually cooled, the child being kept warmly covered. Children who show a croupy tendency should be invigorated by much out-of-door life, nutritious food, daily cold sponging over the neck and throat, and should be examined for adenoids.

Cold in the Head This ailment is particularly annoying to babies, because the obstruction of the nasal passages, making breathing difficult, greatly interferes with the ease of nursing. Serious complications may also follow a bad cold. These include bronchitis, pneumonia, tonsilitis and abscess of the middle ear. A cold is a germ disease and very contagious. As far as possible, babies should be kept away from those suffering with this trouble, as it may be conveyed by a cough or a sneeze from the person affected. When a mother has a "cold," she should avoid kissing the baby or breathing directly

in his face or using her handkerchief in his care. A nursing mother who has a cold should cover her nose and mouth with a thin gauze or veil while the baby is at her breast. Paper napkins, which may be purchased for a few cents a hundred, are a great resource at such a time, as they may be freely used and then burned. If the baby becomes infected, a few drops of albolene placed in each nostril by means of a medicine dropper will relieve the baby very much. The bowels should be kept open, and if there is fever the food should be reduced. Keep the baby in a room the temperature of which does not vary greatly during the twenty-four hours, but provide plenty of fresh air. Babies who live out of doors, who are fed properly and not too heavily dressed, are much less liable to colds than others. It is wise to keep careful watch over a baby thus affected, as certain contagious diseases appear first as a cold in the head.

**Prickly
Heat**

This disease is due to the heat of summer, or to unduly heavy underclothing. It manifests itself in a fine red rash which comes when the baby is overheated and fades away under cooler condi-

tions. The rash often shows itself first on the back of the neck and spreads over the head and shoulders. It is a very annoying trouble and makes the baby fretful and restless.

If the rash appears in cold weather, the baby is too warmly dressed. Heavy flannels are to be avoided, and a thin cotton or silk garment should be worn next to the skin. When it is caused by summer heat, the baby should be made as cool as possible, dressed in the thinnest clothing, and frequently bathed in cool water. Soap should never be used on an inflamed skin, but a starch, bran or soda bath will help to relieve the intense itching. Ointments are not so soothing in this condition as powders. A satisfactory powder is made by mixing one ounce each of powdered starch and powdered oxide of zinc with sixty grains of boric acid. Any druggist will make this up, and it should be used freely over the inflamed spots.

Chafing. A baby is very apt to become chafed in the folds and creases of the skin, especially in the neck, where it is due to wet droppings which have been washed with soap powder or

not thoroughly rinsed. Chafed flesh should not have soap used upon it. Starch or bran water may be tried. Keep the skin clean and use the powder above recommended. In obstinate cases, clean with fresh olive oil only, using no water.

Eczema This is one of the most persistent and annoying afflictions of babyhood. It is characterized by a swollen, reddened skin, often covered with tiny pimples or crusts, sometimes having a watery discharge; at other times dry and scaly. Some babies have a predisposition to the disease, and in them a slight cause is sufficient to produce it. A baby's skin is very delicate, and any irritation, such as chapping from exposure to cold wind or the use of hard water or strong soap, may lead to eczema, or it may be caused by woolen underclothing, starched bonnets and strings, or unclean diapers. The disease is also caused by digestive troubles due to over-feeding, and often appears in constipated babies. These causes suggest the measures needed for its prevention.

The disease should be treated by a physician, as it is very persistent and must have careful and constant attention. Neither soap

nor plain water should be used on the affected parts, which are usually the head and face. Bran or starch water may be used if necessary.

All liquors should be excluded from the diet of a nursing mother, the amount of meat reduced, and her out-of-door exercise increased. For the babies fed on cows' milk the diet should be much reduced, both in quantity and strength, and in older children the starchy foods restricted, potatoes and oatmeal being forbidden. It is of the greatest importance that the child has a free bowel movement every day.

To allay the itching, smear the surfaces with an application made of equal parts of limewater and sweet almond oil, or cover them with a starch and boric acid powder. It is most important that the baby shall not scratch the inflamed skin, and to prevent it pasteboard splints may be bound lightly about the baby's elbows with strips of cotton. It will thus be impossible for him to get his hands to his face, while having their free use for other purposes. A doctor's help and advice are greatly needed in this disease.

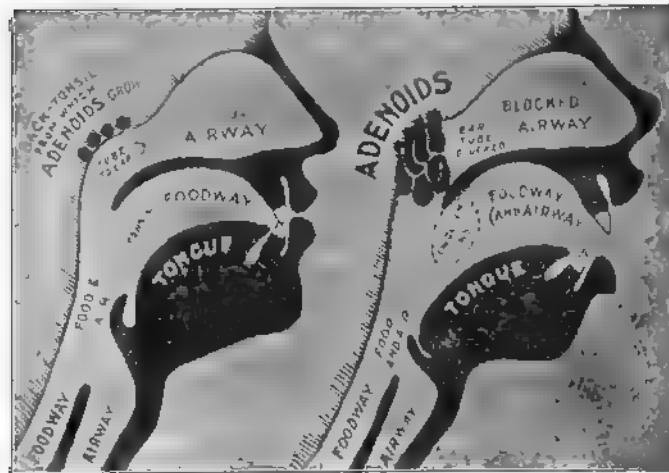
Milk Crust Yellowish, scaly patches sometimes form on a baby's scalp. To remove, anoint with oil or vaseline at night and wash with warm water and pure soap in the morning, but do not attempt to force the crust away. If it does not all come off, repeat the operation as many times as needed, but on no account use a comb or any hard instrument to remove it, as it is very easy to start eczema in such a way if the skin is broken.

Rickets This disease, characterized by imperfect development of the bones, is probably due to faulty food and improper living conditions. Breast-fed babies are rarely affected, although the baby of a nursing mother whose diet is poor, insufficient or improper may have the disease. Feeding on condensed milk and proprietary foods is thought to be one of its causes. Prevention consists in giving the baby suitable food, fresh air and plenty of sunshine, and the same measures will bring about the cure. The symptoms of this disease are bowlegs, prominent abdomen, restless sleep, a perspiring head, weakness and tenderness of the flesh. The disease may usually be arrested by prompt treatment at the start. Medical advice should be sought.

Scurvy This disease is characterized by bleeding gums, great tenderness of the extremities, pallor and fretfulness, and is probably due to improper diet. Suitable food and good care usually bring about immediate improvement. Fruit juices are needed, but they must be of an amount and kind suited to the child's age, and the case should be brought to the attention of a doctor, who will direct the treatment.

Adenoids and Enlarged Tonsils The symptoms which indicate that a baby is suffering from adenoids are restlessness, sleep, snoring, snuffling, sleeping with the mouth open and inability to nurse properly. All these conditions are due to the fact that these enlarged tissues partially close the nasal and throat air passages so that the baby can not breathe freely. Later these conditions may lead to deafness and convulsions, which very seriously hinder the child's growth, both of body and mind. All children who show any signs of trouble of the throat should be examined by a competent physician, who will decide how early the operation for the removal of these growths should be performed. Children suffer so seriously from this disease that no

parent should be willing to have a child start out under such a handicap. In the hands of a careful surgeon the operation is a slight one, and in many cases the relief is immediate. The illustration on this page, taken from the New Zealand pamphlet on



the *Feeding and Care of the Baby*, shows how the air passages are blocked by adenoid growths and how the hearing may be affected by the partial closing of the tube leading to the ear.

CONTAGIOUS DISEASES

Happily, nursing infants are less liable to these diseases than older children; still babies

have them to a considerable extent. The general symptoms of this class of diseases are fever, vomiting, persistent discharges from the nose, reddened eyes, sore throat and skin rashes. If such symptoms appear, the child should be kept away from other children and the doctor summoned at once.

- **Measles** This disease is never to be regarded as of small consequence, and it is particularly fatal in the first year of life. It is especially to be avoided on account of the complications which may accompany or follow it. Some of these possible complications are bronchitis, pneumonia, tuberculosis or troubles with the kidneys, eyes or ears. The disease first appears as a cold in the head. The eyes are red, swollen and watery; there is running at the nose, and the throat is dry. This stage is followed by a cough and at last, usually after three or four days, the skin breaks out in a profuse rash, which, if it is a mild case, fades away in a few days. The child will be drowsy and fretful and should be kept in bed until the eruption is over.

The eyes are apt to be sensitive in this disease and the crib should be turned so that

the baby will not face the windows. It is so essential to have a constant and generous supply of fresh air for the little patient that the windows should not be darkened, as by doing this the ventilation will be cut off to a large extent. Additional protection for the eyes may be secured by placing a dark screen about the crib.

The baby should be covered warmly in cold weather. A liquid diet will be the rule. This, however, and all the medical treatment should be under the direction of a physician, whose care is especially needed to save the child from the complications of the disease.

Whooping Cough Few illnesses to which infants and young children are liable are more dangerous than this, and the greatest pains should be taken to protect them from this infection. It is frequently fatal, and at best it is an exhausting disease, often very obstinate, and it may be followed by other distressing sicknesses, such as bronchitis, pneumonia and tuberculosis. The disease shows the symptoms of a cold in the head, accompanied by a cough, which gradually grows worse, until the characteristic whooping sound appears. The attack lasts from

three to eight weeks but often leaves behind it a bronchitis which may persist all winter, if the attack has occurred in the fall. The child should be kept out of doors as much as possible, being protected against cold and exposure by suitable clothing and shelter. Indoors the windows should be open day and night. The bowels should move every day, and the diet should be light but nutritious. Medical advice should always be secured, as under the best treatment the course of the disease may be shortened and the danger of complications greatly lessened. Parents of children suffering from this and other contagious diseases are usually legally and always morally bound to recognize the menace which their sick child is to the well children about, and to respect all necessary precautions and to maintain such quarantine measures as will protect others from exposure. It is believed that this disease, as well as many other contagious diseases, is chiefly communicated by the discharges of the mouth, nose and throat. Therefore, children suffering from it should, when old enough, use paper napkins for handkerchiefs, and should be urged to use them

freely and taught to burn them or put them where they may be burned at once. The mother should use them in the care of the baby. It would undoubtedly save much of the spread of contagious disease if the use of single-service paper handkerchiefs were obligatory in schools.

Pillow cases, towels and napkins used about the patient may carry the germs from his nose and throat, and should never be used for anyone else until they have been thoroughly disinfected by boiling.

Syphilis This disease is one of the most serious with which children can be affected, and, if it is to be cured, involves long and persistent treatment. The prevention of this disease is of first importance. In the vast majority of cases babies are infected from their own parents, and any control of this scourge can be brought about only through the education of parents in their responsibility in this matter. If syphilis makes its appearance in one baby, thoughtful parents will undergo the necessary treatment and see to it that they are both entirely free from the disease, as indicated by the most delicate tests, before permitting themselves to pro-

duce another child. The baby should also undergo treatment for his own sake and to prevent infection of others.

**Tubercu-
losis**

This is one of the common and fatal diseases of childhood. Prevention is of the greatest importance. Babies and children should be protected from infection by every possible means. The germs are distributed from the sputum of those suffering from the disease, and infants usually contract it from an infected parent or caretaker. The germ may be directly conveyed by kissing or by coughing or sneezing in the baby's face, by using an infected handkerchief for the child, and in other ways. These and other similar ways of infecting the baby suggest the care that is necessary to prevent it. Fresh air, sunshine and good food are indispensable, both in the prevention of the disease and in its treatment. A tuberculous mother should never attempt to nurse her baby. In case the mother has the disease, both mother and child should live constantly out of doors, and whenever possible city families among whom the disease exists should remove to the country, where the conditions are most favorable to out-of-

door life. Public agencies for the relief and prevention of the disease exist in nearly all states, and should be appealed to for instruction and advice.

**Hookworm
Disease**

This disease belongs especially to the southern part of the United States, but travel and the movement of population are distributing it more or less widely. It prevails particularly in sandy soils and in country districts and is caused by a tiny worm which grows in polluted soil and is taken into the body through the skin. Among children the worm finds its way into the body usually through the soles of bare feet. Possibly, also, it is taken into the body in drinking water or on uncooked vegetables, such as salads. The worm is particularly active just after a rain or a heavy dew and in warm, moist places. This disease is manifested by dry hair, tallowlike skin, paleness, headache, swollen abdomen, sores on the legs and the like. There will be little red, swollen places where the worm enters the flesh. The disease usually responds promptly to medical treatment, and if a child is discovered scratching his toes or feet he should be taken at once to a physician.

The spread of the hookworm is due to the pollution of the soil by the use of open privies or by the scattering of the bowel movements of persons infected with the worm. The use of sanitary closets is absolutely necessary if the disease is to be controlled.

**Vulvo-
vaginitis**

The principal signs of the disease are a yellowish white vaginal discharge. There is apt to be some redness of the parts, and if the discharge is profuse, the adjacent skin of the thighs may be reddened by irritation. The baby should be taken to the doctor at the first appearance of the symptoms.

It is a very contagious disease which is spreading with alarming rapidity throughout the country. When one little girl contracts it there is grave danger of its being transmitted to every other little girl in the house. Only absolute separation, not only of the infected child but of all of her clothing, her towels, wash cloths, soap, etc., can prevent its spread. The hands of the mother should have a thorough scrubbing with soap and brush and should then be washed in a disinfecting solution.

Under no circumstances should the infected child sleep with any member of the household. Great care must be taken not to carry the disease to the eyes, either of mother or baby, by the fingers. The mother must not touch her own or the baby's face until her hands have been cleansed as above, and she must continually guard the baby against doing so. The baby should wear a vulval pad as long as the discharge lasts.

All the infected child's clothing should be placed in a disinfecting solution and then boiled.

Trachoma This is a dangerous infectious disease of the eyes which is spreading alarmingly in certain parts of the country and which is responsible for much blindness. It is first shown by swollen, reddened lids with a discharge of pus from the eyes, which are highly sensitive to the light.

The disease spreads from one person to another by the use of a common washbasin, towels, handkerchiefs and the like, so that children and even infants are as likely to be infected as grown persons. There can never be any effective control over this and many other diseases until parents generally learn

what is required, not only for their cure, but, most of all, for their prevention.

When trachoma appears or is suspected in a community, parents should appeal to the local health authorities and other physicians to see that the proper measures are undertaken for the treatment of these and the prevention of other cases, and state authorities may be called upon as well.

GENERAL HEALTH CONDITIONS

Germ Infectious diseases are due to harmful germs or microscopic plants of very simple structure, which are present in the excretions of persons suffering with such diseases, and may be transferred by flies or other means to milk, water and other foods. Disease germs are removed by disinfection, which means simply cleanliness. Sunshine, fresh air, hot water and soap are the best ordinary disinfectants. If there is contagious illness in the house, or if some member of the family has inflamed eyes, or a sore or wound of any sort to be dressed, the mother should scrub her hands thoroughly in hot water, using plenty of soap and a stiff brush. In addition she should dip them in alcohol

or some other disinfecting solution. She should thus cleanse her hands both before and after attending to the sore part, to prevent carrying any harmful germ to the wound or to her own or another's eyes or body.

Flies Some forms of infantile diarrhea and other diseases are caused by germs which may be carried about by flies. It is therefore of great importance to the health and the life of every baby not only to protect him from flies but to keep them away from his food, dishes and utensils. To accomplish this all the doors and windows should be screened, and when the baby is taken out of doors he should be protected, especially while asleep. For this purpose a screened bed of some sort is necessary.

The conditions which favor the growth of flies should be done away with to the greatest possible extent. The favorite breeding ground of the common housefly is in horse manure, and with the partial elimination of the horse by the extensive use of automobiles and the consequent decrease of stables the number of flies has noticeably diminished. One stable, however, will furnish flies enough

to infest a considerable district, and in most of our cities at the present time there are stringent regulations regarding the care and disposal of manure which it is to the interest of every health-loving citizen to assist the authorities in enforcing. Since the period required to produce a full-grown fly from the egg is about eight days, the manure should be disposed of at least as often as once a week. When this can not be done, it should be disinfected with Paris green, borax, copperas, or cresol solutions to kill the maggots. Recent experiments indicate that borax is the best and cheapest disinfectant for this purpose.

After the flies have hatched they seek feeding places, which they find in uncovered garbage pails, foul drains, privies and in decayed matter of all kinds, as well as in the household refuse which may have been left exposed. When they find food, they leave a trail of dirt, and often the germs of disease, such as typhoid fever or dysentery, which may thus be conveyed into the human system. Care should be taken to keep all refuse of all sorts, such as garbage, rubbish, food, and anything else which gives off a bad odor, should be covered.

ered, disinfected or removed. Most important of all, however, is the substitution of sanitary privies for the kind in ordinary use in the country. If the flies can be kept away from human excretions they lose much of their power to harm, as they will not then be brought into contact with germs of typhoid fever and other diseases so communicated. Privies should be screened, with closed closets, the contents of which must be completely buried when removed.

Patent Medicines Attention has already been called to the danger of giving medicines to babies and children save under competent medical advice, but it is well to emphasize this prohibition particularly in regard to proprietary preparations. Numerous widely advertised nostrums, frequently sold as "soothing" syrups and preparations claiming to cure the ills of teething, diarrhea, coughs, colds and the like, often contain dangerous drugs, and many children have lost their lives by being given such medicines. There is evidence to show that children who are repeatedly dosed, but who survive the dosing, sometimes learn to crave these quieting drugs. They are restless and irritable after the effect

of the drug wears off and remain so until it is repeated, the drug habit being thus formed in the same way as with grown people. If urged to use a patent medicine, the mother should always examine the label very carefully, for the Federal food and drugs act requires the manufacturers of patent medicines to print on the label of the bottle the amount or proportion of certain dangerous drugs that may be present in the so-called "remedy." Drugs enumerated in the law are: Alcohol, morphin, opium, cocain, heroin, alpha or beta eucain, chloroform, cannabis indica, chloral hydrate or acetanilid, or any derivative or preparation of any such substance contained therein.

If the names of any of these drugs or derivatives of them, some of which are laudanum, paregoric, Dover's powder, codein, dionin, chlorodyne, hypnal, acetphenetidin, lactophenin, phenacetin, antipyrin, analgesin, antikamnia, orangeine and phenalgin appear on the label, or if extravagant claims are made in the advertisements as to the power of the medicine to cure a large number of diseases, the mother should be on her guard against the "remedy."

In addition to these medicines, a great many proprietary articles are on the market, which, although not falling within the provisions of this act, since they do not contain the specified drugs, nevertheless may do much harm, as they contain sugars, syrups, flavoring materials and other substances which are very likely to upset the digestion of the baby.

Vaccination Babies should be vaccinated before teething begins. There is less disturbance from it earlier than later, provided the baby is healthy. A suitable time is at from three to six months of age. The sore made by vaccination should not be covered by any shield which is impervious to air, but must be lightly protected. Various methods are used by physicians, but one of the simplest is to cover it with a loose wide bandage of sterile gauze, or old linen (recently boiled, to make it perfectly clean). An old handkerchief makes a good bandage, and any of these may be sewed or pinned inside the sleeve. If the bandage becomes wet with the discharge from the sore and sticks to the scab, it should not be pulled off, but the cloth may be cut away around it and

a small piece left adhering. The bandage should be changed once or twice a day, or as often as necessary to keep the wound perfectly clean.

**To Take
the Tem-
perature**

Place the baby face downward on the mother's lap with his head to her left. With the right hand slowly insert the bulb end of a clinical thermometer, which has been first dipped in vaseline, in the anus (the opening of the bowel). Direct it towards the back and hold it in four minutes. At least two-thirds of the length of an ordinary clinical thermometer should be visible. Great care must be taken to hold the baby's legs so firmly that the thermometer is not broken.

**Cleanly
Habits**

Children should be taught very early that it is not safe to use a handkerchief that has been used by someone else, and for similar reasons the use of individual towels and wash cloths should be insisted upon.

Note to Reader—See publisher's note on page 178 of Book II of this volume.

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The First Born

Personal Help for Parents

A Talk to Fathers and a Talk to Mothers about the Responsibility of Parenthood, together with a Specific and Comprehensive Guide for the Instruction of Children as to When, What and How They Shall be Instructed in the Delicate Matters of Sex. Also Advice, Counsel and Help in the Development of Character, and in Safeguarding the Morals of Children Against Ignorant and Vicious Associates

By

PROF. THOMAS W. SHANNON, A. M.

**Supplementary Chapters on Home Counsel,
Character Building, etc.**

By

EMORY[®] ADAMS ALLEN

Author of "Golden Gems of Life" "History of Civilization," etc.

**Embracing a Department on the Care of
Children, Children's Diseases, Remedies, etc.**

***Volume II, Book II
of The Personal Help Library***

**This set is comprised of Volume I, The Sex Challenge Answered;
Volume II, Personal Help for Married and Parents; Volume III,
Personal Help for Boys and Young Men; Volume IV, Personal Help
for Girls and Young Women**

**THE S. A. MULLIKIN COMPANY, *Publishers*
CINCINNATI, OHIO**

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THE S. A. MULLIKIN CO., PUBLISHERS, CINCINNATI, OHIO

PREFACE

Under the caption of "crimes which we unknowingly commit against our children," a noted authority on child training recently said: "Thousands of loving parents are daily unconsciously using methods in bringing up their children which can easily destroy for life their chances of happiness and success. And the pitiful part of it is, that these parents do not realize what irreparable harm they are doing."

Character is not born, but builded. That hereditary influences are at work always and assist or handicap in the development of children, is unquestionably true, but parents are, nevertheless, the architects of their child's character—the constructors of his future career, for upon character depends success. The trouble is, we have never given any really scientific study to the question of child training. We have not searched out the cause of unfortunate traits of character, nor have we understood how to safeguard the child against harmful habits. And, as a rule, we punish the child instead of helping him. The result is actual harm. The present-day idea is to attack the trouble at the source, believing that "an ounce of prevention is better than a pound of cure."

The aim of this volume and its companion volumes, is to make people happier through knowledge. This book is designed to assist parents in the specific instruction of their children, after they have been aroused to a sense of this responsibility. Other volumes of the set are No. I, "The Sex Challenge Answered"; No. III, "Personal Help for Boys and Young Men"; No. IV, "Personal Help for Girls and Young Women."

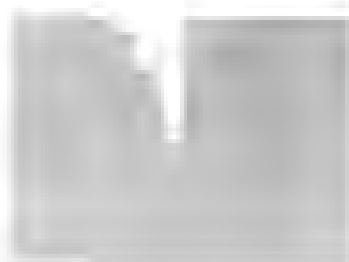
Nearly all parents realize today that children should be taught at an early age the sacredness of the human body; that ignorance is largely responsible for immorality found among young people. All parents who know, are not meeting their responsibility fully. But we have implicit faith that in the hearts of thousands of parents, is a sincere desire to do their duty by their children, all of whom will welcome the valuable information contained in The Personal Help Library. And to the end that the habits of life in the coming generation may be greatly improved, and that more peace, joy and happiness may come to the hearts of parents through the consciousness of service that they may render through the help contained in this volume, we respectfully dedicate "Personal Help for Parents" to thoughtful fathers and mothers everywhere.

THE PUBLISHERS.

Cincinnati, Ohio, January 4, 1921.

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Personal Help for Parents

CHAPTER I

INTRODUCTORY

Every boy and every girl have a right to be protected against the consequences of ignorance of the pitfalls that lie hidden in their pathway. Every father and every mother deserve to understand how to impart knowledge to their children that will afford them that protection. Every parent deserves to know God's immutable laws of sex and heredity.

Truth, like gold, is unaffected in quality by its environment; but the environment of truth affects the character of the person receiving it. Half truths clothed in obscene language and imparted by the ignorant or vicious have made mental, moral and physical wrecks of millions. The same truths imparted by a pure mother, a noble father, a wise teacher, or received from a good book, safeguard youth and accomplish untold good.

Says Dr. Charles W. Eliot, President Emeritus of Harvard College: "The policy of silence concerning all sexual relations and processes, natural or unnatural, right or sinful, which has prevailed for centuries in both barbarous and civilized nations, has failed everywhere and always—and to prevent the moral and physical disasters which result from young men's and young women's ignorance about the natural processes of reproduction in the human species, and about the laws of health in these processes, it is indispensable that systematic instruction should be given to all young children and young people in the process of reproduction and growth in plants and animals, in the general rules of hygiene, and in the diseases and social disorder which follow violation of nature's laws concerning the relations of the sexes."

This volume is prepared to help parents meet this responsibility. It is an answer to the long felt need—the demand of the hour. It is written with a serious purpose. It contains a large amount of help. All parents should read Book I of this Volume, entitled "Help for the Mar-

ried," which will be found a wise guide to a proper knowledge of self. This volume, in turn, enables parents to impart the sacred truths about the mystery of life in a pure and wholesome, uplifting, and intelligent way, leading the children step by step through the story of plant, oyster, fish, bird and animal life up to and including the sacred and beautiful story of human life. This is done in a way that dispels the curiosity of normal children and answers their pure, innocent and natural questions about their origin in a way that will tend to set their feet aright, to direct unfolding thought, and thus "sow good seed before the world has sown its tares."

A new age is dawning. Purged as by fire, from the world-wide conflict of the present, civilization is moving on a higher plane of thought and action. Earnest men and women, alive to the crying need of the present, are using voice and pen to arouse the conscience of a slumbering world. To none is such an awakening more necessary than to parents; never was parental instruction more vital. The universal demand of the day is to raise the standard of human life; to develop wise parenthood; to fit young people

for the duties and responsibilities they must assume in the life of future generations.

If the amount of suffering due to ignorance of sex laws on the part of parents and children were known, thoughtful people everywhere would be startled into activity, and would seek as best they could, by proper study, to give the coming generation a happier lot, as far as intelligent instruction can do it. All parents may not act, though they may know what is best and right to do. But we have implicit faith that thousands of parents, earnestly seeking knowledge, will act on learning what is best to do, not perfectly, perhaps, but sufficiently to largely improve the habits of life and to bring greater peace, joy and pleasure to humanity.

The past few years have been rich in scientific discoveries. Especially is this true as regards facts relating to the physiology of man and woman and diseases peculiar to the sexes. This information should not be kept under lock and key. The better plan is to educate old and young alike in the subjects of health and morals; not only in relation to the general hygiene of life, but especially in regard to the relation of the sexes and the diseases and dangers arising therefrom.



Mother: Eternities Cannot Outweigh Her Influence



Bedtime Stories

CHAPTER II

A TALK TO MOTHERS

Moral Training The object of all moral training of a child is self-government or self-control. Before a child is capable of this he must be taught to know right from wrong, which is largely the work of the intellect. His conscience must be awakened and quickened. Conscience is a natural instinct by which God's spirit and man's conception of right and wrong prompt him to action, and condemn what he conceives to be wrong and approve what he conceives to be right. The will must be trained and developed, so that a child can will to do what he knows to be right and his conscience approves. He is then governed from within and need not be governed from without. This moral training requires years and should begin in infancy.

First Idea of Wrongdoing When a child eats some forbidden thing or does some forbidden act, from which he suffers, it is the mother's oppor-

tunity to make it see that its suffering is due to the violation of law. The pain should be alleviated, if possible, but the lesson that nature would teach, through pain, emphasized. A little later in life, the child can be taught that all desires, thoughts, words and acts that will help self and others, are right, and those that injure self and others, wrong. These principles can be applied gradually to the laws of home, society and God.

Mother, the Natural Teacher Mother is the one to whom the child comes, naturally, with its sorrows and joys, its desires and needs. This is her opportunity to make a lasting impression upon the mind, and to fortify it against its snares, temptations and pitfalls which lie ahead. In order to meet this responsibility, the mother should have a thorough knowledge and realization of present evils and social conditions.

Importance of Sex Instruction Present social conditions are such that sex instruction is one of the mother's most important duties to the child. As soon as a child begins to inquire about its origin, it is old enough to be told the truth in the right way. Some children become inter-

ested when they are three and four; all normal children by the time they are seven. Since the inquiring mind will not rest satisfied until a plausible answer has been received, and since the ignorant and vicious youth is ever alert and anxious to give this information in a pernicious way, it behooves thoughtful parents to safeguard their children with the truth told in the right way. No normal boy should reach the age of eight, or girl the age of ten, before they have been told the story of life.

Children often discover, or are taught, the secret vice at a very early age. Sex consciousness and pleasure may be early developed because of some unnatural conditions of the sex organs. For this reason, parents should know that these parts are normal in their children. When they are observed to frequently handle, or scratch these organs, unnatural conditions are to be suspected. The child should not be slapped or scolded; rather call in the family physician. To keep a child ignorant concerning this vice is impossible, therefore unwise. There is not one boy in fifty who does not know of the vice, and understand the language used to describe it. Trying to keep a child from vicious companions is good as far as it goes,

but the facts are that the child is most likely to discover the vice himself, while it is hardly possible to keep a child entirely away from the vicious. The only sane method is to teach the child the laws of personal purity. If the secret vice is to be prevented, some children should receive counsel when they are six, others at eight, all by the time they are ten or twelve. Children have inherited lustful tendencies. Their troubles are more largely from within than from without. Hence the children that have been most carefully guarded from bad company and kept in ignorance are usually the ones who are most injured by the secret sin. A single talk to a child is not sufficient. We frequently instruct and appeal to the child to be obedient, truthful and honest; in like manner we should at reasonable periods instruct and encourage him to keep his thoughts and desires pure.

**Similar
Information
for Boy
and Girl**

The story of life can be as effectively given by one parent as the other. When children develop early or are very inquisitive, it would be well to begin early and tell the stories faster than to the other class. Boys and girls are neuter

as to gender until they are ten or eleven years old. The information given to one may be given to both. Carefully ascertain if your child is normal in his or her sexual organs. This is too vital to be neglected. A simple operation performed on a boy or girl when only a few days, weeks, months, or years old would often save it from a life of impure thoughts and vicious habits.

To Satisfy Every possible means should be
Morbid
Curiosity used to keep the boys and girls from cultivating morbid curiosity about the sexual organs. This is not accomplished by telling them that the difference between a boy and girl is that one wears trousers and the other dresses. It can be prevented or overcome by having them both together in the home under the mother's watchful care. While bathing or dressing the baby the older boys or girls may be permitted to view and admire the baby's body. In one of these ways in a perfectly natural and modest manner she can make it possible for the children to see the difference between boys and girls. More than likely one will ask some question as to this. The mother then can explain that the organs of sex make

the difference between the boys and girls; that this will cause a boy to grow up to be a man and a girl to grow up to be a woman. The earlier in life the boy and girl learn this difference, the less of morbid curiosity will they develop.

**The Boy
of Ten**

When a boy reaches the tenth year he begins to look upon life from the masculine point of view and his father is his natural teacher, but if he is dead or careless the mother should see that her boy is given such information as his developing boyhood demands. The informed mother could herself do this; others have their family physician give the boy talks or secure suitable books containing this information. But one should be careful to get only such books as are perfectly chaste, accurate and adapted to his age.

**The Girl
of Ten**

When a girl reaches her tenth year she begins to look upon life from the feminine point of view and her mother is her natural teacher. But if she is alone or if the father should neglect her she receives from him, a lady doctor, or a book what her developing girl

Advantages of Beginning Early By beginning this instruction early your child's first impression regarding the organs of sex will be that they are pure and sacred; you will retain its confidence and it will feel free to come to you for future instruction. But if your children get this information from vicious and ignorant youths, their minds will be filled with impurity. You also may lose their confidence and they reach a condition in which they will not allow you or anybody else to advise them on these matters.

Wise Instruction Needed When a girl is eleven, her approaching womanhood demands further sex knowledge. The study of social questions has made rapid progress in recent years. There are few sincere, thoughtful parents who do not recognize the need of instruction in these matters for children. Wise mothers are asking, what, when and how shall the truth be told?

Dawning of Womanhood The mother should instruct her daughter concerning her approaching adolescence, before the courses start. That change usually occurs when the girl is from twelve to fourteen. In girls of precocious development, it may occur in the

eleventh year. Many mothers say nothing to their daughters about this period of life, which is a very great mistake. When it occurs in the uninformed girl, she often is greatly frightened and resorts to some injurious device to stop the work of nature. From doctors, husbands and wives I have found that many women owe their poor health to mothers who failed to give this vital information.

The Female Form In this talk the mother should inform her daughter about her organs of sex, their God-given functions and the meaning of the change that is likely to come to her at any time. Don't intimate that she is to be ashamed of these organs, but teach her that they form the sacred sanctuary which may one day enable her to become the sweetest and holiest of God's creatures—a pure, happy mother. Ask her to notify you of the first sign of the change and promise to give her another talk about how to care for herself at the time.

Companion to Daughter A true mother will be her daughter's best "chum," cultivating the most intimate confidence and companionship. If you do this, your daughter will feel free to come to you for information and advice per-

taining to her sex problems and you will rarely have to say to her, "Thou shalt not."

Confidential Talk When the girl is twelve the mother should have a confidential talk with her about the secret vice. While girls are not so likely as boys to learn or practice it, yet authorities claim that one-third of the females fall into this at some time in life. It is also claimed that more women than men are in the asylums because of it. This is because their nervous systems are much more delicate than those of men. In schools and sometimes among servants in the home may be found a sexual pervert who will take a fiendish delight in teaching this vice to a little girl. Mothers can not be too cautious about these dangers.

A Real Transition Few mothers begin to comprehend the mental phases of dawning womanhood. This means a real transition from one distinct period of life to another, from the experience of girlhood to womanhood. For the first four years of adolescence there is a constant clash in her mind between the feeling of the girl that was and the woman that is to be. This is caused by the creation of the sex life. That new life is stimulating rapid growth and changes

in many organs of the body, awakening the social nature, quickening every faculty of the mind and giving new impulses to the moral nature. No wonder that the girl does not always understand herself. The mother needs tact and wisdom combined if she is to understand her daughter and assist her in giving proper direction to this new life. Inform her that these strange experiences are due to the changes taking place in her body and mind; that she will often have to be sentimental and self-conscious. Remind her that you have not forgotten the experiences of your own girlhood, that you are sympathetic, interested in helping her overcome all wrong tendencies, and that you will gladly aid her in this new life to the development of charming, ideal womanhood.

**Of Vital
Importance**

Everything pertaining to womanhood should be told her. Instil into her mind slowly and cautiously the beauties of wifehood and the sacredness of motherhood and teach her that these glorious honors in their perfection come only to those who know themselves, think pure thoughts and live pure lives. Don't tease little girls about sweethearts. Don't rush them into society. Allow

them to remain innocent, playful girls as long as possible. When one is fourteen or fifteen, tactfully impress upon her mind that unkissed lips will be the most queenly gift she can offer at the marriage altar; that virginity of mind and body will be appreciated as of more value than the most costly jewels. Teach her to demand a white life of her male friends and admirers, and to demand as pure a life of her coming prince as he will demand of her.

NO ONE HAD TOLD HER

She was just in the bloom of life's morning;
She was happy, and free, and fair;
And a glance in her bright eyes would tell you
Of nothing but innocence there.

She was waiting for someone to tell her,
As she stood with reluctant feet,
On the banks of the wonderful river
Where childhood and womanhood meet.

She waited, but still no one told her
The secret of life so sublime;
And she held not the safeguard of knowledge
In life's beautiful morning time.

The flower so sweetly unfolding
Was crushed by a rough hand one day,
And the jewel, so sacred, so precious,
Was stolen and taken away.—*Selected.*

NOTICE TO MOTHERS.—If you do not feel competent to teach your child these vital truths without help, Volume

parents, until their sons and daughters arrive at the age of fourteen. These books give mothers a better understanding of child nature, and how to deal with their sons and daughters in directing them to paths of safety, and, at the proper age, "Personal Help for Girls and Young Women" should be placed in the hands of the girl to read for herself, and "Personal Help for Boys and Young Men" in the hands of the boy to read for himself, which will supplement the best personal instructions that the mother can give.

Volume I, "The Sex Challenge Answered," should likewise be read by every parent. It will astute you while it instructs with scientific facts, and will please and entertain by its interesting literary style.

If you have secured the entire set of four volumes, we trust you will thoughtfully read each one. If salesman did not supply you with the entire set, and he is no longer in your community other volumes may be ordered direct from publishers. The set consists of four volumes, in uniform binding, at \$3.90 each, bound in cloth, and \$4.90 each, bound in Morocco Grain Kerasol. If ordered by Parcel Post, add 25 cents for packing and postage.

THE S. A. MULLIKIN CO., Publishers.

Cincinnati, Ohio.

CHAPTER III

A TALK TO FATHERS

**Importance
of Father-
hood** In the past we have written, talked and sung of the duties, responsibilities, faithfulness, sacrifice and love of motherhood. Is there any reason why the father should have less of these lofty parental qualities than the mother? Did not God in his early revelations to his chosen people honor fatherhood as highly as motherhood in his relation to the training of children? In no other way has God bestowed larger power, honor and responsibility upon man than in making him capable of fatherhood. Fatherhood, the giving of life to another, makes man a co-worker with God in the creation of human beings. This creative relation to children gives dignity, sacredness and immeasurable responsibility to fatherhood.

**Son's Natu-
ral Teacher** If a man at the head of a home is to measure up to the full meaning of fatherhood, he must assume the responsibility

of teaching purity and sex truths to his boy instead of leaving him to get his primary sex culture from the playground, his preparatory sex enlightenment from the street, and his complete course of sex education from the saloon, the gambling house and the brothel, where the moral atmosphere is saturated with all that is vicious and polluting—where the vilest pictures are seen, vilest conversation heard and the vilest associations formed.

**Other
Phases of
Education
Looked
After**

If his son decides to be a farmer, he tells him all he knows about farming and sends him to an agricultural college. When the boy inclines to practice medicine, he tell him all he knows about it and sends him to a medical college. His interest in his son would lead him to follow this plan if he chose some other calling or profession. Yet, as compared to the education, training and development of a boy in relation to the teaching of purity and sex truths, all other training pales into insignificance. Indeed, a boy just as easily can become a successful farmer without a knowledge of agriculture, horticulture and stock-raising; a successful physician without a knowledge of medicine; a successful lawyer without a knowledge of the

law, as he can develop into a pure, virile manhood without a correct knowledge of his sex nature. Since the half truths are often more injurious than ignorance, and since the unfolding sex life of a boy demands information, and as he will get it, true or false, it logically follows that correct sex education is the only safe method to be followed in his development.

**Unethical
Ideals**

The father who holds to or practices the double standard of morals is not qualified to teach these truths to his son. If he believes that it is less a sin for his son to be immoral than for his daughter; if he believes in the "sex-necessity fallacy" for his son and absolute virginity for his daughter; if he uses vulgar words or indulges in lascivious stories, he is disqualified for this sacred duty of a father. The mayor of a western town recently boasted to me of taking his seventeen-year-old son to St. Louis and introducing him to an immoral life. Such a father's influence on his own son is a blighting curse. The sons of such beastly sires are to be pitied.

**The Model
Father**

I assume that I am now addressing a father who at least desires to be a worthy example and wise teacher and trainer

of his son. Such a father should not only be pure in outward life, but he also should regard the organs of sex and their functions as pure and sacred, possess a fair knowledge of sex and be able to use pure language in confidential talks with his boy. I am fully aware that very few fathers have had an opportunity to hear a series of lectures or read a good book on these matters that would help them perform this duty. The mission of this book is to aid and inspire every sincere father in supplying his son with these truths.

**How to
Proceed**

This is not a difficult problem to the fairly well-informed father who has strong convictions of his duty. He can start with his son as soon as he asks about his origin, tell him the stories of life six months or a year apart, and continue to give him such information as his developing boyhood and manhood demand. But to the uninformed father, in middle life, for the first time aroused to the great need of this teaching and to his personal responsibility to his boys from five to twenty years old, this is not an easy task. In such a case I suggest that, if possible, he should hear a good course of lectures, and buy a practical and com-

plete book on sex for himself and smaller books adapted to the age and sex of his children. If he has a boy from five to eight years old, begin by telling him the story of how plants are brought into the world. As to one ten to fifteen, I would advise that he give a book containing stories of life from plants to man and encourage him to read it. If there is real companionship between the father and son, a better plan would be for them to read the book together and talk with each about it. When this is done and a few days have passed the father should give him a book containing such information as a boy from ten to fourteen should have. When that is done the boy should be encouraged to talk over any personal problem he may have. It also would be well for the father to inquire if his son has any irritation or soreness in his sexual organs, if the prepuce is capable of passing back and if the frenulum is too short. The boy should understand that he will be welcomed at any time to return with his problems and ask for information.

To a boy over fifteen a book should be presented that covers the problems of a young man. If there is a companionable relation

between the father and son, it would be well for them to read and talk over its revelations. The son should be encouraged to ask questions and to talk about his personal problems.

Informing Boy of Secret Sin In no case should this be postponed until a boy is twelve. Out of thousands of the young men who have read the author's books for young men and in that way were led to write him about their troubles not one in twenty-five learned the habit after he was twelve, many began when they were eight and ten, a few when five and six, one stating that so far as he knew he was born practicing the vice.

Purity Book at Fourteen Lecturing to nearly one hundred thousand young men a year and having several thousand a year to interview me, in this way the conclusion from my correspondence is confirmed. When a boy is fourteen he ought to be given a more complete talk on the nature and effects of the secret sin. If he is found to be guilty he should be induced to break off. When this sexual desire is due to a tight prepuce, this must be treated by a physician. If due to a tight frenulum that also requires a doctor's attention. As a rule his sexual excitement grows out of a mind that

has been filled with lascivious thoughts from some schoolmate or servant. This can be corrected by satisfying the boy's morbid curiosity with the truth and a faithful warning of the dangers of this vice.

**Not Sus-
picious but
Watchful** A wise father will have a frank, positive understanding with every servant in the house and employe on the farm, or in his business, that he is not to encourage vice by vulgar conversation, vicious practice, or by presenting the child with a vile book or showing him a lewd picture. Keep an eye on the little visitors—and the big ones, too. There are in circulation some most inconceivably immoral books which teach children every phase of sexual perversion. I recently secured such a book and it was estimated by the school board that two hundred or more boys from twelve to sixteen had read it. Only a few months ago the president of a female college who lived in the girl's dormitory, told me of how one of the college girls had introduced his three-year-old boy to the vice. About the same time and in the same state, an editor said to me, "Professor, you don't realize the temptations to which the small Southern boy is exposed in his relation

to the colored help about the home." A wise father will be on guard from the time his boy has quit the cradle until he has passed safely through the stormy period of adolescence.

Notice to Fathers.—Volume III of The Personal Help Library was prepared especially for you and your sons. If you wish to avoid every possible embarrassment of talking to your son about the relations of sex life to the individual welfare, and to intelligently instruct him in these vital subjects, so necessary to his best development, you should read Volume III carefully, and when your son is fourteen years of age, or over, give it to him to read for himself, and he will find that the boy's fun life is inseparably related to his sex life. Mothers who assume the responsibility for instructing their growing sons, will find in this volume exactly what they are looking for.

Volume I of the set, "The Sex Challenge Answered," should be read by every father and mother, young man and young woman, for the protection of health and chastity, and the promotion of knowledge, happiness and success.

The Personal Help Library, of four volumes, is published in uniform bindings at \$3.00 per copy in Cloth, and \$4.00 in Morocco Grain Kerasol. They should be purchased from a representative of the publishers, or, if no salesman is available, add 25 cents to the above price for packing and transportation, and send your order direct to the company to be filed by Parcel Post.

THE S. A. MULLIKIN CO., Publishers.

Cincinnati, Ohio.

CHAPTER IV

CHILD'S RIGHT TO SEX KNOWLEDGE

**Right to
Sex Knowl-
edge**

Children are born into our homes helpless and knowing nothing. They come to us with the largest capacities for developing physical strength, acquiring knowledge and building character. As parents we naturally assume the duty and responsibility of safeguarding them through this period of helplessness and of being their earliest teachers. As children grow and their minds develop there is ever an increasing demand for knowledge. Their safety, health, normal growth, success, happiness, here and hereafter, depend very largely upon their getting a variety of true knowledge from a natural wholesome source, at the right time and in the best way. And a knowledge of sex, it here should be said, is as fully necessary to these ends as knowing how to read, write and count, or a knowledge of language, history, mathematics, geography, science or

mechanics. Indeed, there is an earlier conscious desire and moral need for a knowledge of sex than for knowledge along the course of the lines mentioned.

Early Seeks Knowledge in Religion Children are said to be "animated" by religion. They are living persistent inquirers. They often ask questions that would puzzle a philosopher, tax the patience of a Jew, and embarrass the wise and learned. In all inquiries they evidently are sincere and show perfect faith in the wisdom and ability of their parents to explain to them the mysteries of nature. They are constantly reminded that they are three, four, five, or six years old; that they have seen that number of birthdays and of Christmas days. Wonderful events take place in a child's life. But children can recall but one, two or three of them. Very naturally they think back to their first birthday and thus an interest is awakened in what lies beyond it. They listen eagerly to their parents as they relate interesting experiences of former years and often interrupt with the question, "Was I in the world at that time?" "No, no, darling; that occurred years before you were born."

**Children
Inquisitive**

At these ages children are asking, "Where do the rain, the snow and the clouds come from?" When little kitties, pigs, puppies, calves or colts are born, they very naturally inquire about their origin. All of these experiences and incidents naturally lead children to ask, "Mamma, where was I before I was born? How did I get into this world?" etc. An angel could not be more sincere or ask a purer question. This is no evidence of depravity, but a proof of their mental awakening and demand for knowledge that they are prepared to receive. For a child not to ask about his origin until he is eight or ten means either that he has heard about his birth and is keeping this information from his parents, or that he is not developing mentally as rapidly as he should. Usually investigation will show the first to be the explanation. When a child has become interested about his origin, he will never rest satisfied until he has received a proper explanation.

**Controlled
by Reason
and Will**

The lower animals are governed by instinct; man by reason. The lower animals instinctively keep out of the fire, avoid poisons and places of danger. But nature will no more teach a child not to violate

the laws of sex than it will teach an infant not to crawl into the fire, a pool of water, over a precipice, or not to eat glass or poison. Among the lower animals, the sexual impulse is guided and controlled by instinct. In man this impulse is to be guided by reason and controlled by the will and the attitude of reason and will toward it will be almost wholly determined by the instruction one has received. If this education is timely and wisely imparted, scientific and moral, in nearly all cases the virtue of the individual will be safeguarded. If in this matter the child's education has been wholly neglected, he will find his reason and will weak or powerless in the presence of temptation. And if his information was received alone from impure sources, as a matter of choice, he will most likely be immoral.

**Conscience,
Child of
Education**

Why does the small boy's conscience condemn him when he steals, lies and is disobedient, but does not when he practices the secret vice? The only answer is that he was properly taught by the school, church and home regarding the wrong of stealing, lying and disobedience, but received little or no instruction as to self-pollution. Why do young men hang their heads in

shame when guilty of lying, stealing, drunkenness and murder, but boast of their conquests over female virtue? The simple and only reason is that the school, church and home gave them true instruction as to the first crimes but not with regard to the last.

Past Education The children are taught the **Inconsistent** names and functions of every organ of the body, as if health, happiness, success, character and destiny depended upon this knowledge being correctly given, until they come to the sacred organs and functions of human reproduction. Here, however, books and teachers have been silent as death, as if health, happiness, success, character and destiny had no relation to a true knowledge of sex. If we would safeguard the health, happiness and character of the children of to-day, who are to be the youths of tomorrow and the men and women of the succeeding day, we must give our children a knowledge of themselves with respect to sex matters.

Physical Reasons for Sex Education Authorities agree that most physical ailments of young men are directly or indirectly related to their sex problems. One noted physician has declared that fully half of all physical

problems of young men from fifteen to twenty-five years of age are due to a violation of nature's sex laws. No other line of education is so essential to a child's health and physical development as that which relates to sex. If the child is told the truth about his birth, he will come freely and frankly to his parents for additional information as he grows older. He will welcome and appreciate information and advice voluntarily given.

**Mental
Reasons for
Sex
Education**

Investigations show that most cases of insanity are directly traceable to sex problems in both men and women. Thus the child should not only be taught for its own sake, but for the sake of future generations, that the sex problem is not only a physical but a mental one as well. Schools and colleges do not produce great minds. They direct, train and develop the inherited mental possibilities. Children should have every possible encouragement and opportunity for mental improvement. They can not succeed without it. Their offspring will inherit improved mental possibilities if their parents are wisely trained in childhood. On the other hand violation of

the laws of sex is one of the greatest sources of mental degeneracy. Thus the mental reason for teaching children a knowledge of such laws.

Imaginary Troubles As a result of not understanding them many boys and young men became mentally morbid over an imaginary sexual trouble. This worry is injurious to health, interferes with their studies or business and often leads to real sexual troubles. Boys should be free from worry and be cheerful, happy and full of hope and purpose.

CHAPTER V

RESULTS OF DECEPTION

Sex Subject, in Past, Tabooed In the past, Anglo-Saxon prudery and mock modesty made sex a tabooed subject between parents and children, teachers and pupils, and the minister and his congregation. Few of these leaders of the people thought of sexual knowledge as being pure, vital or sacred; on the contrary, it was regarded as something essentially impure, unimportant and sinful. With these convictions few people felt that it would be wise, or that they were under any moral obligation to give sex instruction to children, youths or matured people.

Evasions and Falsehoods, Why? So deeply entrenched was this idea in the minds of parents that whenever they were asked by their child, "How did I get into this world?" "Where was I before I was born?" or "Where do babies come from?" they evaded the question by ridiculing, shaming, scolding, chastis-

ing the child, or it was told some kind of falsehood such as, "The angels brought you," "a big bird brought you," "an old woman brought you," "the doctor brought you in his satchel," "you were found in a sink hole," "in a brush pile," "in a big bird's nest," or "in the cabbage patch."

**A Personal
Experience**

When only a small boy, four or five years old, the author was called from his bed quite early one spring morning and informed that the fine mare had "found" a colt. With boyish haste, excitement and enthusiasm he was soon viewing the prettiest and finest colt he had ever seen. For a very brief time he looked at the playful colt, first with admiration, then with wonder. Finally, his boyish curiosity asserted itself. Very naturally he inquired, "Where did the old mare find the colt?" For several days he had been given to understand that the mare had been placed in the orchard with a view to her "finding" a colt. He had put to his parents a very direct question. It had to be disposed of then and there.

**A Psycho-
logical
Moment**

Three methods were available—evasion, a falsehood or the truth. It was a psychological moment; a golden

opportunity. But, alas! they did not see it in the light of the "new way" of telling the truth. There was a perpetual brush pile in one quarter of the orchard that received the annual trimmings from all the trees. Hens and turkey hens found their nests there. The sows found their pigs there. The cows found their calves there. The big snakes were found there. The servants has seen ghosts there. He was told that the mare found her colt in that brush pile, and was prepared to believe it. For six months no brush pile escaped being searched by his eager eyes.

A Canadian's Experience Years ago, while traveling on a fast Canadian Pacific train across those "magnificent distances," then so characteristic of the unsettled Canadian west, in conversation with the conductor, the author asked, "Did you ever have one of your children to say, 'Papa, how did I get into this world?'" "O, yes; I have had that experience several times in my family of seven children," he replied. "Did you find any embarrassment or difficulty in answering your children?" he was asked. "No, that was easily done," was his answer. Thinking he might have some original and helpful method of

solving this perplexing problem, the author asked him to relate how he had told the last child. His reply was, "Only a few weeks ago my youngest child was sitting in my lap. She gave me a searching look and said, 'Papa, how did I get into this world?' At the time, we were sitting in front of the window. Recalling the condition of the weather at the time of her birth an answer was suggested to me. My reply was, 'Darling, the day you came to our home, papa was standing here at the window watching it rain and wishing that God might send us a little girl. It was not long until he saw you falling from a cloud and ran out and caught you and brought you to your mamma.' " It was quite evident that this conductor felt sure that his method was ideal.

Will Get This Information At the close of a lecture in a Southern town on "How to Tell the Story of Life to a Child," a mother of culture, influence and wealth said to the author: "When my boy was five years old he asked me about his origin. Remembering that he was born about half-past three one afternoon, near the time the Cotton Belt train passes through our town, I said, 'Why, son, God sent you into this town on the Cotton

Belt train one afternoon. Our doctor was at the depot and saw you. Knowing that we wanted a boy and noticing that you were a fine fellow, he persuaded the conductor to give you to him. He put you in his satchel and brought you to our home.' Now," said the mother, "my boy is nine years old and he has never referred to that matter since. Do you suppose that he has been told the truth by the servants or his schoolmates?" She was urged to take the boy into her confidence, talk to him about these matters and get him to tell her all that he had learned, and from whom. She reported the next day that she found that his little mind had been polluted with obscene words and stories for three years.

**Parents
Deceive
Themselves** In the West I engaged a stranger in conversation for twenty minutes. During so short a time, and with pardonable pride, he said: "I have the finest boy in this city. He is fourteen years of age, as innocent as a girl, and as pure as an angel." After appropriate congratulations I said: "I have the very book your boy should read." "I have a perfect boy and I like the title of your book, but wife and I are very careful about what our boy reads. Of what does

your book treat?" he inquired. Then I told him that a few chapters dealt with the origin of plant, fish, bird and higher animals. He interrupted me by exclaiming, "Oh! I would not have my boy to know those things." "Do you mean to tell me that you have a boy fourteen years of age who has received no information from any source concerning the origin of life, that he has shown no interest in knowing these things, and that you have succeeded in keeping him out of the asylum until now?" To answer my reference to possible feeble-mindedness he assured me that his boy was very bright in his classes.

**Learns
Perverted
Truth** Then I assured him that it was hardly possible that he had not received some knowledge of such facts from ignorant, filthy sources and that it was highly probable that he was concealing this from his father and mother. He took a copy of the book, promising that he and his wife would read it and then decide whether or not the boy would be accorded the same privilege.

Weeks later I again passed through the same city. I found him a wiser father and eager to tell me this interesting story: "Wife and I read your book, and we were surprised

to learn that these delicate truths could be told in such a clear, charming, wholesome manner. We decided that only good could come from our boy also reading it. I gave it to him with the assurance that his mother and I had read it and were anxious for him to read and know all the new and interesting things the book contained.

**Boys Con-
taminated
by Ignorant
Associates**

"When he had had time to read it, I said: 'Son, did you enjoy reading the book for boys?' 'Yes, father, and I wish that I could have read it years ago.' Then I asked: 'Did you already know how the baby animals are brought into the world?' 'The boys at school talk a great deal about such things and they began telling me about them the first year I was in school, but they do not tell such things in the nice, clean way the book does,' was his reply."

**A False
Modesty**

Intelligent, good parents of the past loved their children as devotedly as do such parents of the present; and were as deeply concerned in safeguarding their children as are the parents of today. Then why did they scold, ridicule, falsify and even punish their children when they inquired

about their origin? There were several general reasons for this.

Natural and Unnatural Modesty In regard to the teaching and study of sex truths there are two kinds of modesty—the true and false, the natural and the unnatural. Natural, hence true, modesty looks upon all of the facts relating to sex as by nature, delicate, pure and sacred. Unnatural or false modesty teaches that reference to the origin of life is undignified and immodest. True modesty permits men and women to acquire thorough knowledge of sex, and under proper social conditions to teach these truths to others. False modesty denies this privilege to decent, respectable people and thereby sends inquiring youths to the vicious and ignorant for information which should come from their natural teachers. True modesty is God-given, God-honored—a safeguard to manhood's honor and womanhood's virtue. False modesty, the child of false teaching and unnatural mental attitude toward sex, is God-dishonoring and man-degrading. True modesty ought to be cultivated and respected, while false modesty should be relegated to the ignorant, selfish, prudish past. For

many centuries false modesty permeated all society and induced the best of parents to believe that it was a sin and crime truthfully to answer the questions of children as to their birth.

**Did Not
Know How**

Until recent years the teaching of sex truths was tabooed by educators and religious leaders. Under these conditions there were no authors, lecturers or teachers to inform parents how to tell the story of life. Even today it is not uncommon to hear some prude sneeringly reply, "O, nature will tell a mother how to answer her child's question." Nature no more teaches a mother how to tell life's story than it does a Sunday-school teacher how to present the truths of the Bible, or school teachers how to teach mathematics. Hence, the majority of parents have been and still are unprepared intelligently and effectively to handle the sex problems in their homes.

**Ignorance
Not Essen-
tial to
Innocence**

Again, we are to remember that our parents were trained to think and they honestly believed that innocence was inseparable from sex ignorance. They considered it their moral and religious duty to keep their children ignorant of their

origin as long as possible. Girls were to be kept in ignorance until after marriage. They did not believe it possible to tell a ten or twelve-year-old child the truth about its origin without moral injury. They felt it to be a sacred duty to keep their children ignorant of these facts.

**Bad Envi-
ronment,
Not Truth,
Injures**

Good parents in the past, just as today, did not and do not see the difference between the influence of sex truths properly told to a child and the influence of such truths foully told by the ignorant and immoral. Naturally when asked by a child, "How did I get into this world?" they recalled their first experience in getting this information and the bad effects that followed. So, to keep from injuring their child, some evasive method was resorted to. They failed to see that it was not the truth they received in childhood which harmed them, but the unfortunate environment of half truths.

**Illustration
of Bad
Environ-
ment**

A simple illustration will help the reader more clearly and fully to understand the distinction made between the influence of truth, and that

which grows out of its surroundings. Here are three nuggets of gold—one is in a slop bucket, the second in a tar bucket and the third in a flowing stream of water. Suppose that with your hand you take these nuggets from their places. In the first it is soiled and must be washed. It was not the gold but its surroundings that dirtied the hand. In the second, you got tar on your hand. It will require hot water, soap and turpentine to remove it, and still more may remain to be worn off. In the third instance, when you lift the gold from the stream, your hand is made cleaner by coming in contact with the water covering the gold. Yet this nugget was no purer in quality than the others, for it was the environment that soiled your hand, not the gold itself.

**Good and
Bad Books**

Just so you may see some truth in a dime novel that is as pure as similar truth in the Bible, but it is found in a literary slop bucket. So we may find some truth in one of Bob Ingersoll's books, as pure as like truth in the Bible, but we should not go to such a literary tar bucket for it. In either event, time, personal effort and divine help will be required to efface the moral ef-

fects. If one gets truth from the lips of a wise teacher, a noble father, pure mother or good book, the mind and life will be purer by contact with these wholesome sources of truth. It is not the truth a child receives which does harm but the environment of half truths. If a five-year-old child could understand in all of the details its conception, gestation and birth, and this were given by a noble father or pure mother, it could do the little one no harm. If that statement is not true, God has arranged a reproductive scheme the knowledge of which is sinful and leads to sexual sinning, in which event He would be responsible for all such sins.

Results of Old Method It is not our purpose to question the love or motives of parents in the past or present who hold to the policy of keeping the child ignorant as a safeguard to virtue. If its results were good and only good, we should continue it, but if they were bad and only bad, the old policy evidently ought to be abandoned, and search made for a better one.

It Was Degrading Take a concrete example. Here is a five or six-year-old boy who for some reason becomes interested in his

advent into this world. With confidence in the ability and willingness of his parents to give him the desired information, in sincerity and purity he goes to one or both and asks his question. Can you conceive of the surprise and shock that comes to him when he is ridiculed, scorned or ordered to "clear out" with a command, "Never again let me hear you ask such a naughty, ugly, sinful question?" Could he imagine why he should be so treated, or ever feel that his question was satisfactorily answered? If he had sinned would he be able to see in what way? Was he made wiser by the treatment he had received? Did it lead to greater love and respect for his parents? We shall see.

On approaching his parents his mental attitude toward birth was that of naturalness, frankness and purity. Suddenly this is wholly changed. He is now driven to secrecy, morbid curiosity and a false sense of shame, which may continue for years, possibly for life. By the old policy the parents in nearly every case became responsible for the beginning of this degrading mental career of their children.

**It Leads to
Secrecy**

It will not be many days after such treatment when a servant or a playmate will discover the unsatisfied interest of such a boy and say, "I know something you don't know, but you'd like to know it. I will tell you all about it, if you promise not to tell your papa and mama. It is how babies get into this world." I care not how obedient the child may be, such is his interest in the origin of life that he will agree not to tell them. In fact, he would not dare to do so. For the first time perhaps he deliberately has decided to keep something a secret from his parents. He continues secretly to get this kind of information and stealthily keeps it from his parents. This secrecy clearly will have anything but a healthy moral influence upon the child.

**Discovers
Deception
in Parents**

He eagerly listens to their story of life told in half truths and couched in smutty language. While his conscience may tell him that there is something morally wrong in the way it was told, his belief is that there is some truth in the story. He felt that his parents evaded his question or told a falsehood. He is not capable of understanding why they thus dealt with him, and to the extent the child comprehends their

falsehood does he lose confidence in them as to all matters pertaining to sex. Naturally, wellborn children have perfect confidence in their parents. Any loss of this is a sad calamity to both.

**Other Bad
Results**

From this time on the child can not contemplate the beginning of his own life and his parents' relation to it in terms of sacredness. Early impressions on the mind of a child are not easily removed. It always is difficult to unlearn what is falsely taught us or to disbelieve what we have believed. Five out of six of the words he has learned do not refer in their proper meaning to the sexual organs and functions, yet he thinks they are true. For years will use them to express his feelings, and thoughts in conversation. Ugly, impure pictures and smutty stories, in all their vile suggestiveness, even if not true, will haunt him for years because of his having been taught a vulgar and false sex vocabulary. Thus sexual organs and functions become sources of impure thought and occasional jest.

**False
Training
Degrading**

God never intended that his children should entertain degrading and demoralizing views of divinely created organs and their sacred functions.

possible to estimate the evil influence of this false training. Just to the extent that one fails to see that God is the author of sex, that sex is sacred and pure, his glory and not his shame, to that extent has a false training degraded him. Yet there are those who estimate their culture, refinement and piety by the degree of conscious shame and condemnation they experience when they think or speak of any phase of sex.

**How
Confidence
Is Lost**

Does a child lose confidence in his parents when he discovers that they have told him a falsehood about his origin? The author receives hundreds of letters and interviews annually thousands of young men in regard to their sex problems. Not one in a hundred of them has received the truth about his origin in a pure way, or a word of warning concerning the secret sin. In innocence and confidence they went to their parents during childhood and inquired about their origin. Treated as described, they went then to evil-minded ones for information and were led into vice. Today there is not one boy in fifty who, while in his teens, freely goes to his parents for information necessary for him to know, if he is to keep his life pure and chaste; nor one girl

in twenty-five, who in her teens freely goes to her mother for knowledge such as her developing womanhood requires. Surely this is not as it should be, nor is it intended.

Girls Fall Because of Ignorance In company with reliable and responsible men, such as detectives, the author has visited the "red light" districts of many large cities, looked into the faces of thousands of erring girls, ranging in age from twelve to twenty-five, a majority of whom had fallen before they were sixteen. Many of them were asked, "Did your mother give you such information about your origin, sexual nature and danger in associating with young men as a girl should have had?" Not one in a thousand could say, "Yes, my mother told me."

An Incident A prominent physician, a teacher in the medical department of one of our largest state universities, only a short time ago told the author a recent experience of his. A mother came to him with her ailing daughter of sixteen. The diagnosis disclosed that she was a prospective mother. She was perfectly surprised. With little hesitancy she admitted relations with a friend, but claimed that he told her this was not the way children were brought into the world. She did

not know the name, the nature or the results of the act which involved the happiness, character and destiny of three souls—hers, his and that of their offspring. No tongue can tell, rhetoric describe or imagination depict the sad consequences of this one mother's neglect. Whenever a child has grown to maturity under this policy of silence and remained pure it was not because of ignorance, but to some other cause.

**Another
Incident**

In a western town the author was asked to give the high-school boys a special lecture. After this was done he was approached by the lady principal with a request from the young ladies of the high school for a special lecture adapted to their age and sex. The request granted, she added: "Several girls said, 'O, we wish he were a lady lecturer! There are so many questions we would like to ask, but hesitate to discuss them with a gentleman.' I said, 'Girls, why don't you ask your mamas?' With perfect surprise, they replied, 'Why, we would not think of asking mother such questions.'"

This loss of confidence in their mothers began when they first asked about their origin. Can

a system of moral training be right when it produces such results?

The Harvest In round numbers two million children are annually born into this Christian nation. One-fourth of them die before they are seven years old. Each year one and one-half million ask of their parents, "How did I get into this world?" Not one in twenty gets a kind, truthful and intelligent answer. Nineteen out of twenty are ridiculed or told a falsehood, as before has been shown. That settles it. The golden chain of confidence and influence is broken. Never again will these children return to their parents for information, advice or counsel on matters of sex. Elsewhere, they will find those who welcome such questions and introduce the matter and gladly supply them with the information desired. These children, a million and a half strong, are drifting on the storm-tossed, passionate sea of early adolescence, without chart or compass. They know not their longitude and latitude, but are rapidly drifting towards ports unknown to them. The church now becomes busy in her work of rescue, yet leaves them ignorant of their impulses, weaknesses and dangers.

**Quarter
Million
Boys
Sacrificed
Annually** Time passes. Many of the rescued are caught by the tides of passion and swept back into deeper depths of passion's sea. The boys are now sixteen to twenty-five. They have boon and base companions. Their imaginations are at fever heat with morbid curiosity about and interest in sensual pleasures; their ambitions aflame with lascivious daring. Under such conditions a quarter of a million of young men annually sacrifice the priceless gem of manhood's virtue, and, once in the whirlpools of sinful passion, eighty per cent. of them become diseased and many perish in the awful maelstrom of lust.

**Sixty Thou-
sand Girls
Sacrificed
Annually** With the passing of time the girls from twelve to twenty, many without the safeguard of knowledge, are freely and gaily, with boon male companions, exposed to the temptations and dangers incident to their social environment on the same sea of passion. In its immeasurable depths, sixty thousand of these girls annually lose the priceless gem of womanhood's virtue. Owing to the double standard of morals, a lifeline of hope is thrown to the morally wrecked young men, while nearly all wrecked young

women are left to perish in a hopeless Sodom of immorality, without a glance of sympathy or word of pity.

Who Is Responsible?

Thousands of poor, prudish parents line the shores of time who, with broken, bleeding hearts, cry in anguish, "Where is my wandering child tonight?" The poor, ignorant, diseased, passion-ridden children, in many cases beyond the reach of the home, society or the church, exclaim, "Oh, if I had only been told of these dangers!" All along the edge of the sea of human passion the churches and philanthropists have built and maintained rescue and foundling homes at an outlay of millions in money. The Christian workers engaged are not saving and can not save one in twenty. The foundling homes are crowded to a dangerous, unsanitary overflowing with illegitimate children, whose mothers are out in the rapids of vice or entirely lost in the depths of immorality. Too long philanthropists have devoted their means to the work of rescue, while neglecting the much more effective and therefore important work of prevention. Far too long the churches have opened their doors to rescue lecturers and closed them to preventative lecturers, as they

also seemed satisfied with snatching, here and there, a forlorn piece of human wreckage from the waves of vice, instead of erecting a lighthouse system of education and warning for the children and youths of the land.

The following series of illustrations suggested this story to the author:

**A Pure
Question**

"Say, mama, where did the baby come from?" "Why, son, the doctor brings the babies." "Did the doctor bring this baby?"

"Yes, son, the doctor brought him in a satchel. Now go out and play and don't ask mama any more questions about the baby." It is natural for a boy to obey and believe his mother, but to



this boy his mother's answer only increased the mystery of how babies get into the home. While he believed his mother, he was not quite satisfied with the explanation.

**Displays
Ignorance**

One day he finds himself in a group of boys on the playground. One of them tauntingly remarks, "I'll bet



this 'mammy-boy' don't know where the babies come from." He quickly resents the insinuation with the assertion, "Yes, I do; mamma told me. The doctors bring them in a satchel." Then all of the boys

have a rousing big laugh at his expense.

**Gets
Perverted
Information** At length, one of the boys offers to tell him all about it. While the leader is telling the story in half truths clothed in the most obscene language, the other boys are nudging each other and laughing lustily. The story captivates the boy. It is so much more reasonable than the answer he received from his mother that he concludes,



"This is the truth and what mother told me was not." Thus he has lost confidence in his mother. He keeps what he has learned a secret from her. His mind is polluted. No more will he go to his mother with his questions, but will go where he is welcomed and can get information.

**Is Taught
Secret Vice**

One day he reads a note handed him by a schoolmate that gives him more wrong information on sex. A few days later, the author of the note has a side chat with him and boasts of his conquests among girls of a certain kind. His mind is now astir with morbid curiosity and he is restless under the consciousness of new and strange impulses. He frequently meets the boys in their cliques on the playground and in the toilet. Gradually they introduce him to the secret vice.



Buys Lewd Pictures

him aside and
tative picture of
of his own,
and hides them.
them from their

him down town
A newsboy calls
him some very sugges-
Having some money
; takes them home
times a day he takes
ing place and revels in



name of author
these gets into t
and eighth g
worn thread e.

lustful fancies and
delight as he looks
n them while his
unsuspecting
mother contem-
plates the provi-
ential protection
of her son and his
ngelic innocence.

There are at least
four very obscene
books being circu-
lated, bearing no
r. When one of
boys of the seventh
high school, it is

**Reads Ob-
scene Books**

So this boy is handed one of these
four books. Every phase of sex-
ual perversion found among fast women and

immoral men in the upper crust of easy moving society is told by the author in the most obscene and exciting detail. He reads it, then he rereads it several times. Eternity alone can tell the injury that was done this boy by that book.



**Goes to Cor-
rupt Show**

He decides to go to a "show" and there he receives more false ideas

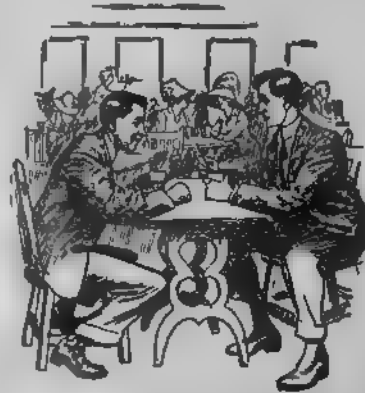


of men, women and marriage. The low-necked, above-the-knee and slit-skirt dress, with flesh-colored and close-fitting underwear of the actresses and female dancers set his morbid curiosity wild. Divorce plots, efforts at the overthrow of vir-

tue and the most suggestive spooning scenes fill in the interims between more exciting parts of the night's entertainment.

**In Clutches
of Quack
Doctors**

He is now eighteen. Like most all young men who are healthy, he has some imaginary and some real sex problems he does not understand. He is worried about them. He reads the advertisements of "quack" doctors, sends off for their treatment; once in their clutches, they bleed him of his money, time and health, and bring him no relief.



**Takes Fatal
Stop**

Still puzzled and having been told repeatedly the "sex necessity" falsehood, that one's physical, mental and sexual health depend upon the exercise of the creative function, he decides to do "what most men do." For several years he is the leader of the "gay" young men, which means social dissipation, social sins, social crimes.

**Marries
Pure Girl**

Time passes. He has been one of the boys. He met, wooed and won a woman of beauty, truth and virtue. His dissipations are things of the past. The wedding day has come and gone. He takes her to his palatial home. The portals swing wide to welcome her. She reigns in that home as a



queen. In twelve brief months she goes to the bed of suffering like an angel, and the cold waters bathe her feet as she endures the throes of parturition. Can there be greater suffering? We shall see.

Consciousness is restored. A look of fondest anticipation beams from her eyes and a smile of infinite joy illumines her pale cheeks and brow when she receives her firstborn into her arms.

**Blind and
Feeble-
minded
Child**

Then, a shriek of heart-rending agony! She realizes that her babe can never run and play as other children do. Its features are weazened, its

body deformed, its mind enfeebled and its eyes are blind. For days she lingers at the portals of death, not from the pains of parturition, not altogether from a vicious infection, but from the bitterest disappointment that can come to a mother.

**Pathetic
Disclosure**

One day the family physician calls the young husband and father into a side room and says: "Young man, you were not cured; your wife may be an invalid for life and your baby can never see."

There is enough pathos in this illustrated story, reproduced in real life many times annually, in every county of every state in this great nation of ours, to lead everyone who has assumed or may assume the responsibility of marriage, parentage and the training of a child to become a thorough convert and an active advocate of the new methods of dealing with these personal and social problems.

THE PRICE HE PAID

By Ella Wheeler Wilcox

I said I would have my fling,
And do what a young man may;
And I didn't believe a thing
That the parsons have to say.
I didn't believe in a God
That gives us blood like fire,
Then flings us into hell because
We answer the call of desire.

And I said: "Religion is rot,
And the laws of the world are nil;
For the bad man is he who is caught
And can not foot his bill.
And there is no place called hell;
And heaven is only a truth,
When a man has his way with a maid
In the fresh, keen hour of youth.

"And money can buy us grace,
If it rings on the plate of the church;
And money can neatly erase
Each sign of a sinful smirch."
For I saw men everywhere,
Hotfooting the road of vice;
And women and preachers smiled on them
As long as they paid the price.

So I had my joy of life;
I went the pace of the town;
And then I took me a wife,
And started to settle down.
I had gold enough and to spare
For all of the simple joys
That belong with a house and a home
And a brood of girls and boys.

I married a girl with health
And virtue and spotless fame.
I gave in exchange my wealth
And a proud old family name.
And I gave her the love of a heart
Grown sated and sick of sin!
My deal with the devil was all cleaned up,
And the last bill handed in.

She was going to bring me a child,
And when in labor she cried,
With love and fear I was wild—
But now I wish she had died.
For the son she bore me was blind
And crippled and weak and sore!
And his mother was left a wreck.
It was so she settled my score.

I said I must have my fling,
And they knew the path I would go;
Yet no one told me a thing
Of what I needed to know.
Folks talk too much of a soul
From heavenly joys debarred—
And not enough of the babes unborn,
By the sins of their fathers scarred.
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A Faithful Young Mother and a Fortunate Child

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And when in labor she cried,
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A Faithful Young Mother and a Fortunate Child



A Happy Home

CHAPTER VI

PARENTS THE NATURAL TEACHERS

Parents Responsible Children are born with the capacity to learn how to crawl, stand alone, walk, love, hate, talk, read, write and to judge of what is right and wrong. All they may come to know, however, whether true or false, good or evil, they must learn. By bringing children into the world parents assume the responsibility of thinking and deciding for them during infancy, and of safeguarding their future well-being by properly looking after their physical, mental and moral welfare, as well as giving to them such training and education as their development and future interests require.

Naturally Go to Parents Coming into the home utterly devoid of knowledge, physically and mentally helpless, children unconsciously come to recognize their parents as their natural teachers and to have absolute confidence in them. Ask a boy of three to seven years old who he thinks is the wisest and best man in

the world, and the prompt reply will be, "my papa." Ask a girl of the same age who she thinks to be the nicest and best woman in the world, and her unstudied reply will be, "my mama." The answers may be true or false, but you do not doubt the sincerity of the child.

**Loss of
Confidence
Calamity**

The greatest calamity that can befall children comes when by convincing evidence they are compelled to lose faith in the wisdom and goodness of their parents. No worse misfortune can come to parents than to lose the confidence of their children. This natural and complete confidence in and dependence of children on their parents give to parents a very decided advantage over all other teachers, good or bad, in the early training and education of their children. It is because of this natural confidence that children first go to their parents with questions about their origin. If parents do not betray them, they will continue to come for information concerning all of their sex problems. It is these conditions that make parents the first and most natural teachers of sex knowledge.

**Must Hold
Child's
Confidence**

We have seen that the child naturally has confidence in its parents. If they would be ideal teachers, they must hold

its confidence. To do this they must deal truthfully with the child. That, however, does not always require an immediate or complete answer. There may be conditions in the training of a child when answers to questions ought to be delayed or given by degrees. But there should be no evasions, no deceptions. If parents possess this full confidence and give sex and purity instruction tactfully, they may feel assured that only good will come to the child.

The First Purpose

The first instruction given to a child will lead up to the story of where little children come from. Usually this will be given by the mother. In these first talks she should endeavor to accomplish several purposes in the child's life. She should first lead her child to understand that parents are the natural teachers of these things and their children should feel free to come to them and not go elsewhere for such knowledge. She must also lead the child to see that this information is not to be talked about to other children or to the neighbors. When this is wisely done a child is not likely to seek additional knowledge from other sources.

The Second Purpose It seems to be natural for a child to select some one as a confidant in these matters. If parents are the first to give this information, and it is wisely done, the child will be confidential with them. Children need to be safeguarded from evil impulses within and bad influences without. If free to report to parents what they see and hear, a chance is thus given to correct false impressions made by unfortunate associations.

The Third Purpose If children are allowed to get this information from depraved sources, their minds will dwell upon matters of sex, often exerting morbid curiosity, sensual visions, lascivious longings, and sexual sinning. So long as a child's mind is kept pure his outer life can be kept chaste. When a child gets this information from a good father and mother, and is led not to talk of it with others, nor to listen to talk, the chances are that its mind will not unduly dwell upon the subject.

Aften Ten Boy Goes to Father While usually it is the mother who is expected to give the story of life to the inquiring child, this is not necessarily so. Either father or mother or both may give such information. Children are practically

neuter as to gender until they are ten years old. But from this time on the boy will look upon life from the masculine point of view and his father becomes his natural teacher. But if the father is careless or dead, the mother should see that her boy gets the information and advice which his developing boyhood demands. She can give much of this and also secure for him books adapted to his age. She can ask the family physician to give him a talk, or his teacher, or pastor, if they be informed.

**After Ten,
Girl Goes
to Mother** The girl, at the age of ten, begins to look upon life from the feminine point of view and her mother becomes her natural teacher. But if the mother be careless or dead, the father should see that his daughter gets such information and advice as her developing girlhood and womanhood demand. He can give her some advice that should come from a father's point of view, and secure such books as will be of value to her. He often can secure the services of a lady doctor or some wise mother in the community. The mother should not neglect to be free with her son, and the father with his daughter. It is a fine thing for a boy to get

information and advice from the viewpoint of his mother and for the daughter to receive information and counsel from the viewpoint of her father.

**Schools
Leave Early
Instruction
to Home**

There is a growing conviction that sex hygiene should be taught in all of our schools. Many colleges and universities and some high schools have introduced it in a limited way. This instruction will be first introduced into the high schools, then later into the seventh and eighth grades. Definite sex instruction will perhaps never be given to students under ten or twelve years of age. The schools must leave the first and most important part of this delicate work to the parents. The teaching of the moral side of sex in the public schools at best only can supplement the work of the home. For sex instruction to be most effective, both the moral and the scientific aspects of the subject should be presented. The home, if ideal, will be the place for ethical instruction and the school will best be fitted for presenting the scientific.

**Some
Parents
Will Fail**

The present great moral awakening will doubtless lead a majority of parents to assume the duty of instructing their children in these delicate truths. One-

fourth of the parents will never do this. Their children will receive no instruction in the home and will not be encouraged to go to church or Sunday school. Since no knowledge is so necessary to a child's well-being, and since these children do not get this information at home and do not go to church, they must receive it in the schools.

**What
Sunday
Schools
Could Do**

This instruction might be given in a very effective way in segregated Sunday-school classes. Every Sunday-school teacher, including the pastor, should be thoroughly informed and qualified to give this instruction, and welcome parents and young people who seek advice and counsel. The work of the church ought to supplement the work of the home.

CHAPTER VII

WHAT SHOULD CHILD BE TAUGHT, AND WHEN?

**Determined
by Age, Sex,
Curiosity,
etc.**

The question forming the heading of this chapter refers to personal purity and sex knowledge. What, and how much, information ought to be given to a child at any one time should be determined by its age, sex, intelligence, curiosity and eagerness. Every child ought to be told the truth about its advent into the world. This should not be forced on the child, however, in advance of its mental development. But when a child begins to show a natural interest by voluntarily asking questions, it is prepared to receive the information, if given in a proper way.

**Better
Early than
Too Late**

Some children become interested at the age of four or even younger, others not until they are six or seven. If a child does not inquire of its parents about its origin by the time it is seven or eight, it would be well for them to ascertain whether it has not received this information from un-

savory sources. If they find it has, they then face an unfortunate situation. It would be better for them to have told the story of life a year too soon than a day too late. But further delay will increase only the difficulty and danger. The child's mind has been polluted; morbid curiosity aroused. He has a perverted vision of sex from being largely misinformed. It is harder to unteach untruths than it is to teach the truth. The effects of wrong teaching can be overcome only by right teaching. This will require more time, care and patience now than ever before.

The Best Way The most natural and satisfactory way of telling the story of life to a child is by approaching it gradually. First tell how God or nature brings every sprig of grass, plant, vegetable and tree into the world. Here you may go into every interesting detail the child can comprehend. This will save the giving of details when you come to the higher animals and man. The child's mind comprehends a great deal more than most parents think. If the details are clearly brought out as to the plants and lower forms of animal life, the child's fancy will fill out to his own satisfaction the details in regard to the higher

animals and man. In early adolescence, the facts may be given in detail. At the close of the first story, promise the child that in a few weeks or months, when he can understand things better, you will tell him how the little oysters and fish are brought into the world.

How Often, a Story The amount of time allowed to intervene between the first and second story must be determined by the age, intelligence and curiosity of the child. The second story should be introduced by reviewing the first one. There are several advantages in this. The child's mind is refreshed with the truths of the first story. If he has been tainted by vile stories, there is no better way to correct this than by telling him in a perfectly natural way how God brings all the little plants into this world. There is nothing in this to suggest impure thoughts. He carries the similarities of reproduction in the plant world over into the animal kingdom. The review also serves the purpose of a fine introduction to the second story. When it is completed, assure the child that in a short time you will tell him about the insects and birds. This method should be continued until the last story has been told.

The Best Time If these stories are told in the spring and summer, the parents will be able to show their children real examples of mating, embryology, pregnancy, germination and birth. Every part of nature's plan of perpetuating plant and animal life in this way can be made interesting and instructive to children. There is no place in which a child can live where it is not possible for parents or guardians to find a few flowers and to plant a few varieties of garden seeds, even if it be in a can of dirt. In this way the stories of how little plants come into the world may not only be told but the many interesting processes of germination and growth can be witnessed by the child. Thus these processes and truths become natural, real and sacred to the child.

Difference Between Boy and Girl When children are quite small they become interested in knowing why one is a boy and another is a girl—what makes the difference between them. To the prudish, and nearly all parents are more or less prudish, this question presents an embarrassing and difficult problem. The usual answer given by mothers, "Girls wear dresses and boys wear trousers," never

quite satisfies nor has the most wholesome influence upon the mind of the child. After hearing my views on this subject a young woman wrote me the following note: "I can never quite forgive my mother for having given me the answer, 'Girls wear dresses and boys wear trousers,' to my question, 'What makes the difference between a boy and a girl?'"

A Humiliating Experience "When I was a schoolgirl fourteen years old, one day on the playground the question of certain social, intellectual and temperamental differences between boys and girls came up for discussion. With an air of triumph I affirmed that I knew the difference between boys and girls and that my mother had told me the difference. Then I was urged by those older than myself to tell them the difference. I gave them my mother's explanation. To them it was a big joke. More than one boy teased me with smutty remarks. My answer was embarrassing to many of the girls, which made it embarrassing to me. I soon learned from some of the girls that the real difference was a physiological one. Then my mistake embarrassed me more than at first. As the months

went by some girl or boy would occasionally refer in a suggestive or sarcastic way to the incident. Six years have passed by and I have never quite recovered from the effects of that innocent mistake. When I meet with one of those boys or girls, now matured young people, I am sorely reminded of that school-girl blunder."

How to Solve the Problem I would suggest that where there are small boys and girls in the home, under six or seven years of age, if their minds have not been polluted by vile stories, they should be permitted by the mother, under her watchful care, to bathe together. Under this condition some one of them will notice a difference in their bodies and naturally make inquiry about it. This will give the mother an opportunity to explain to them the difference and why there should be this difference between them. Or, when the mother is dressing or bathing the baby, the older children may be about. She should not try to keep the children from seeing the nude form of the baby nor show any signs of embarrassment, but gracefully allow them the utmost freedom to view and admire every part of its body. This will likely lead one of the older

children to inquire about the sexual organs of the baby, or why it should be called a boy or a girl. The mother can now call their attention to the organs that are alike in form and function in boys and girls. Then direct their minds to the fact that the sexual organs are the only ones which differ in any marked way between boys and girls, and that it is this difference which makes one a boy and the other a girl.

**Mother
Explains**

It should be explained that the organs of sex in a boy cause him to grow up to be a man, and later to marry and become a father, while the organs of sex in a girl cause her to grow up to be a woman, and later to marry and become a mother. They should be told that these organs are very delicate and tender and should never be played with, and that one should never have bad thoughts about them. Give them the true names of these organs and impress upon their minds that these organs are pure, important and sacred, and that good boys and girls, as they grow older, never expose them to each other or talk to each other about them. Tell them that their father and mother are their natural teachers in all of these things and so

when they want to know more about these organs or when there is something wrong with them, they should feel free to come to you for advice and information. In this way you will retain your child's confidence and save it from years of morbid curiosity and sex injury.

Object Lessons of Mating In the spring and summer, children often witness the mating of the fly. This is so common that even the vicious do not give it any special attention. Impure thoughts are rarely suggested by it. Thoughtful men and women are never embarrassed in witnessing it. The housefly furnishes an excellent object lesson which can be used by parents in a fuller explanation of sexual mating. Parents can pass easily from the mating of flies to the mating of birds, and of the domestic fowls. The best method of doing this will be explained more fully in another chapter.

Witnessing Other Object Lessons It is far wiser for the father to invite his eight- to ten-year-old son to take a stroll with him with a view to their witnessing the mating and birth of the domestic animals than for the boy later to form the habit of sneakingly seeking such

sights. The first is natural and perfectly justifiable, the last unnatural and hazardous. The former gives the father a chance to explain reproduction and birth and to advise the son of what is modest, discreet and manly in viewing and speaking of such scenes. For a boy to sneak to such sights is positively degrading. When possible or convenient there is no sane reason why a mother should not avail herself of the same opportunity to give her daughter the same natural information and advice.

Advantages of the New Way When the parents have told the stories of life in a frank, chaste and scientific way, their children ten and twelve years old will look upon sex in a perfectly natural way. They also can be approached by their parents, and will feel free to come to them for information and advice.

This natural and comfortable relation between parents and children is certainly an improvement on the old method, which caused morbid curiosity in them, passionate passion, perverted sex vision, with evil habits, loss of confidence in and fear to approach parents for advice and information.

Makes Future Talks Easy As time passes, the mother who has given her daughter the stories of life will find it easy and informative

her daughter information and advice concerning puberty, the secret vice, the choice of girl chums, her association with boys, the deeper significance of sex, her association with young men, the habits of many of them, venereal diseases, the choice of a companion and the miracle of motherhood.

Makes Talks In like manner as the years go by,
Easy for
Father the father will find it easy for him to give his son information and advice concerning the secret vice, the choice of boy chums, his social relations with small girls, puberty, the function of his sexual organs, experiences common to young men, the danger of quack doctors and their pamphlets, prostitution, venereal diseases, his social relations with young women, the choice of a companion and the sacredness of fatherhood.

CHAPTER VIII

HOW SHOULD CHILD BE TAUGHT?

Qualifications Needed The notion that nature will show parents and teachers how to teach sex truths to children and young people is about as silly as the old idea that "if God calls you to preach, he will tell you what to say." We all have heard samples of that kind of preaching, but were never made wiser or better by it. There are few adults who are prepared to tell the story of life to a child and fewer still who are able to give additional instruction as the child grows older. Three indispensable qualifications are needed by teachers, parents, and lecturers to make their advice and instruction wholesome and efficient.

A Moral Qualification They should be morally qualified and also regard the organs of sex and their functions as pure and sacred. If accustomed to thinking of them in a light, lascivious way and talking about them in the language of the street, it would be a danger-

ous experiment to attempt to tell their children about their birth or warn them against sexual vices.

One smutty story, told by a father and overheard by his son, may destroy the good influence of all the talks on personal purity which he can give to him in a lifetime. The same is true of a mother's influence on her daughter and a teacher's influence with a pupil.

A Mental Qualification Parents and teachers should be mentally qualified. Half of the names used by mature people when referring to the organs of sex, their functions and abuse, in their true meaning do not even remotely refer to these organs, their use or abuse. Many of the words used can not be found in the dictionary. They do not belong to the English or any other language. This shows the mental fitness that perhaps a majority of matured people have for this important work. They picked up these words in childhood from the ignorant class whose minds were filled with debasing thoughts of sex. Their use in the presence of a boy familiar with them on the playground suggests impure thoughts to him. Those who would teach truths to the young or old, to the individual,

to classes or to the masses should be able to command chaste, plain and scientific terms. Indeed, it is difficult to say which needs correct sex instruction most, the young or the old.

Lawyer Spoiled Good Talk Recently a cultured lawyer invited the author over to his office for a friendly chat. He reproduced in gesture and language, as best he could, a talk he had given his twelve-year-old boy, warning him of the dangers of the secret vice. It was evident that he loved his boy and was deeply interested in his welfare. The words he used were the same he had learned when a schoolboy and as his boy evidently had heard on the playground. It is a question as to whether he did his boy any good. A good talk was spoiled by the unfortunate use of language.

Skill Needed They should possess skill, which requires time, reading, thought and experience to develop. The effect, good or bad, produced on an individual or an audience will be determined in a small measure by the methods of approaching the subject and in dealing with it. One's motives may be unselfish and sincere, but if he goes at the subject bluntly, awkwardly, severely, suggestively, he will accomplish little or no good.

How Super-
intendent
Failed In a western town of twenty thousand, where the moral conditions in the high school were deplorable, the superintendent decided that he would give a talk on personal purity. He called into the chapel several hundred boys and young men. This was a new experience to him and he approached the subject abruptly. The boys, accustomed to treating every reference to sex as a joke, anticipating what was coming, began to nudge and wink at each other. The attitude assumed by them embarrassed the teacher and caused him to lose self-control. He soon had to resort to the use of questionable terms to make himself understood. He utterly failed to accomplish what he desired and what the boys needed. The experiment came near costing him his position. Eighteen lectures from the author, two weeks later, won the town back to the superintendent. The citizens saw that what the superintendent desired to do was just what the boys needed and the town needed. He lacked skill.

Course of
Lectures
Needed A few editors, doctors, teachers, ministers and authors have been rather severe on parents for not teaching their children these truths. No doubt some censure

is due. But they should remember that only a few years ago a very limited number of parents had ever heard an address from a wise teacher, a minister or had read a book that would give them any idea of how to give this instruction. This condition exists largely still. The leaders above referred to owe it to every community to provide a course of practical lectures for the masses annually, and to see that every home has a chance to secure suitable books on personal purity.

Some General Advice In giving this instruction there are general principles which should be observed. The language and thought must be adapted to the age, sex and intelligence of the individual or the audience, in order to get the best results.

In the home it is more natural for the father to impart this knowledge to his son and the mother to her daughter. These should be strictly private, confidential, friendly talks—just two in these confidences, papa and son, or mama and daughter. No other member of the family need know about it.

Lectures to Segregated Audiences In community work, a talk should be given to boys from ten to fourteen years old. The number to an audience

ought to be small. This is a difficult age to handle. Only an expert can do it. Series of lectures should be given to men. Since manhood has dawned by the time a boy is fifteen and he then is exposed to every danger which threatens a matured man, there is no reason why boys of that age should not hear the lectures to men, unless the series includes one of advice to married men. A lecture also should be given to girls from ten to fourteen, and a series of lectures to matured women, including girls from fifteen up. There are some truths pertaining to our social relations that can be presented safely to mixed audiences. But if a community is to receive safe, practical, definite, scientific and ethical instruction, it must in the main be given to segregated audiences.

Such instruction should be presented in a dignified, manly, sober and reverent manner, and in the way that any other vital truth would be presented.

CHAPTER IX

FIRST STORY OF LIFE—BABY PLANTS

Mama Com- Son (or daug , or the child's
pliments pliments
Child given name), na (or papa) is
glad to know that you are w old and smart
enough to become inter ed in knowing
where you were before y were born and
how you got into this world. Papa and I
have been expecting y to ecome interested
in this subject and : have talked together
over what you ought to and the best way
of telling you. We are :ially pleased be-
cause you came first to us th your questions.
Papa and mama love you as no one else does,
and we are more interested in you than anyone
else can be. We e ur tural teachers in
such delicate, priv ed things as you
have asked about. C t planned for chil-
dren to come to t ir p when they want
to know how He e little ones into the
home.

Know When you came to us you were
Nothing at Birth tiny and helpless. You could not
crawl, stand alone or walk. When you were

born you did not know anything. When you learned how to crawl, papa and mama thought you were very smart. Yet you did not know enough to keep from crawling into the fire, a pool of water, or over a cliff, to keep from swallowing pins, eating glass or poison. At first we had to do all of your thinking for you. But even then your mind was growing and every day you were learning something new. All you know you learned since you were born. This world is full of things to be learned, yet in a whole lifetime one can not learn all that is possible to be known. Still, there are a great many things we should learn as we grow from childhood to manhood and womanhood.

**Learn
Something
Each Day** You know some things today that you did not know last year, and some things that you know now you could not have understood a year ago, for the reason that you were not old enough. In this world of mysteries, there are many things that you would like to know, but your mind is not ready for them. What a pleasure it is to know that as you grow older, you will be able to study and understand many of them. You would like to know

all there is in the fourth reader. There is nothing in that book which could do you a bit of harm, but there are some things in it that you can not understand. This is because the book was not written for children of your age, but for those several years older. You know you must first learn what is in the first reader. When you have learned to read and understand that, you will be ready for the second reader, which prepares you for the third, and that for the fourth.

Things Child Can Not Know Just so, you would like to know how God brings little children into the home. It is His beautiful and wonderful plan. If you could understand it, that would not harm you. But there are some mysteries about how children come into the world which you are not old enough to understand.

Beautiful Stories At this time, mama will tell you a beautiful story that you can understand and enjoy. It is how God brings all of the little baby sprouts of grass, plants, vegetables and trees into the world. Then, in a few months, she will tell you how God brings baby oysters and fish into the world, and every few months she will tell you a new story, until you have been told all the baby stories.

frogs, birds and animals come into the world, and finally, her last story—how little babies come into the home. When you are eight years old you will be ready for this story.

Right One You are old enough to know that
Time
Wrong there are many things that it is
Another right and necessary to do six days out of the week, but it would be wrong for us to do on Sunday. Then you know that there are a few things we do, which, though proper and right under certain conditions and at certain times, it would be very wrong to do under other conditions. For example: Every few days you take an all-over bath. It is right and proper for you to do this and for mama to help you. All people who desire to have clean and healthy bodies take frequent baths. But you have noticed that of late, when you take your baths, the neighbors are not present. Large boys and girls, men and women, do not bathe together. This is because our bodies are sacred and should not be seen by everyone when naked. That is why we wear clothing.

Sacredness We do not speak the names of God
of
Childbirth and Jesus in a light and frivolous way, because these names are sacred. Of all

the delicate, pure and sacred experiences of life, the purest, most delicate and sacred is how little children are brought into the home. This is so sacred and delicate a subject that good people seldom speak of it, and never in a light or frivolous way. That is why you never have heard your papa and mama talk about it; yet it is a subject for husbands and wives, fathers and mothers to speak to each other of this experience. There is no harm in grown unmarried people speaking of the matter when there is a good reason for doing so. But it is not a good reason for little children to talk to each other about how babies come into the world. When they become interested about that they should go to their parents, just as you have come to me. We want you always to feel free to come to us with questions about things of that kind. When you are older, you will better understand why mama gives you this advice.

Not Sacred to Some Some men and women, boys and girls, have been trained to be good. They get angry and quarrel and fight, use bad language, break the Sabbath and do other wrong things. Some appear to enjoy doing wrong and in leading others to do the same. These

people do not look upon God's plan of bringing children into the world as pure and sacred. They use bad language when talking about the story of life and trying to tell it to others. When little children hear such children and grown people talk about these things, their minds are filled with bad words and ugly thoughts. In this way many small boys and girls are started wrong and are sure to find it hard to get rid of impure thoughts, words and habits in later life.

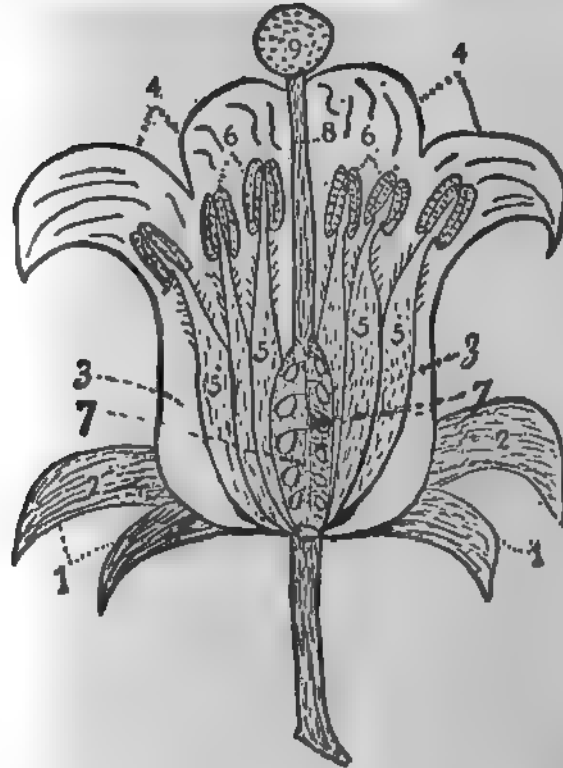
**Mama's
Advice**

It may not be long before some schoolmate, or someone older than yourself, will say to you, "I know something that you don't. You would like to know it, too. I will tell you, if you don't tell your papa or mama. It is how you get into this world." When anyone offers to tell you something that you are not to tell your papa or mama, you may be sure that it is wrong, will injure you, and most likely is false. Mama would advise you to say to them, "I don't care to know anything that I can't tell papa and mama."

**The Story
of Baby
Plants**

The story of life that mama will tell you at this time is about the plants, flowers and trees, and how their

young come into this world. I have gathered some beautiful flowers to help to make the story plain to you. This will be our first les-



son in what is called Botany. When you grow older you will study Botany in school. Then you will learn that every part of a plant has a special name.

The Calyx The story of life, in all flowering plants, begins in the flower. We will now examine this flower. At sight, we notice that the parts of a flower are arranged in whorls or circles. The outer circle of the flower is called the (1) calyx. You will also notice that in some of these flowers the calyx is highly colored, in others it looks like small green leaves. But in some flowers the calyx is entirely absent, while in others it is composed of four or more parts. These separate parts are called (2) sepals, which in other flowers have grown together in a circle and appear to be only one. In such flowers we count the sepals by the number of notches or curves on the top edge of the calyx.

The Corolla The second whorl is called the (3) corolla, which is usually the most highly colored part of the flower. If either of the whorls of the flower is absent it is the calyx. The separate parts of the corolla are called (4) petals. Sometimes the petals are separated to the base of the flower. In other flowers they are more or less united.

**Stamens,
or Papa
Parts** While the calyx and the corolla form the most attractive and beautiful parts of the flower, they are by no means

so important as the parts we next will study. Let us look carefully at these central organs. They are called the essential organs. Were it not for these, no new grasses, plants, vegetables or trees would come into the world, and in that event it would be robbed of much of its beauty and wealth. In this flower the next circle consists of a number of small, slender organs. They are called (5) stamens. On top of these are delicate bodies, poised so that the merest breeze will shake them. They are filled with a very fine, powdery substance called pollen. These bodies producing the pollen are called (6) anthers. You can rub the pollen off with your fingers and it varies in color in different flowers.

You can not remember all these names now, so I will give you another name that you can remember and it means the same thing as the word stamen. I guess it was the second word that fell from your baby lips which mama understood. It was the word papa. These are the male organs of the flower or the papa parts of it and the father nature of the flower.

Pistil, or
Mama
Part The central organ in this flower
is called the pistil, which is
formed of three parts. At the the

pistil is the (7) pod, more correctly called the ovary. In the ovary little seeds are formed. On top of the pod or ovary is usually to be found a slender stem called the (8) style. On top of this is a delicate spongy enlargement called the (9) stigma. The stigma, style and ovary form the pistil. In some plants the flower has a number of pistils.

But we will not try to remember all of these names now. Mama will give you another name that you can remember. It was the first word that ever fell from your baby lips, the word mama. Well, the pistil, composed of the stigma, style and ovary, is the mama part of the flower and has the mother nature of the flower.

Papa and Mama Natures Unite	When the pollen is ripe, the anther cells of the papa parts of the flower burst open and the tiny, light, powdery pollen falls out and is carried by gravity, wind or insects to the stigma of the mother part of the flower. The little pores of the stigma open, admitting the grains of pollen, which the little currents of water in the style carry to the seed in the ovary. When the pollen, possessing the
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father nature, unites with the tiny germs in the ovary, possessing the mother nature, the little germs or seed are said to be fertilized. That means that both the papa and mama natures have united and that there is life in the seed. When this occurs the seed is very tiny. If the two natures had not united, the little germs in the mother part of the flower could never have developed into seed. But now the seeds grow and ripen in the pod. While this is being done, food is being stored up in the seed for the little baby plants to live on for the first few days after they come into the world. In such seed, there are the tiny beginnings of future plants.

**Sprouting
of Seed** When the seeds are ripe, the pod bursts open and seeds fall upon the ground, or men gather and plant them in the soil. In the springtime, the sunshine and rain cause the life in the seeds to become active and soon they sprout and the little stems appear above the ground. They then are nothing but little baby sprigs of grass, little baby plants or little baby trees.

**"Be Fruitful When God created the first
and
Multiply"** grasses, plants and trees, he commanded them to "be fruitful and multiply."

By this command He meant that they should bring little baby plants into the world so as to keep it beautiful and to furnish all of the animals and man with plenty of food. In this story you have learned how all the grown-up plants and trees obey this divine command.

Mother and Father Flowers In the flowers we have studied, we have found both the male and female organs, or as we have called them, the father and mother natures. But this is not true of all the plants and trees. In some of them, flowers are found having only the stamens, or father organs. These would be called father-flowers. They could not produce seed or fruit. On other plants and trees of the same kind can be found flowers having only pistils. These are mother-flowers. Father-flowers and mother-flowers may be seen growing on the same limb of a plant or tree, as in the Indian corn and the mulberry tree. Among such trees as the poplar, willow and sometimes the persimmon tree, one tree will bear only father-flowers and another tree will bear only mother-flowers.

**Indian
Corn**

In the Indian corn, the ear, including the cob, grains of corn, silks and shuck, form the mother part of the cornstalk. The tassel is the father part and contains the father nature, and it forms millions of grains of pollen. On passing through a patch of corn, you have noticed the pollen falling on every object. There are often as many as one thousand grains of corn on one ear. Each grain sends out from one to three little silks beyond the shuck to catch little grains of pollen. Should one little corn germ on the cob fail to receive a grain of pollen it would never develop. If there were no grains of corn formed, there would be no corn to plant and in a few years no corn in the world. Here we see that every little baby stalk of corn must have a father and a mother.

**Gravity,
Wind and
Insects**

There are three ways by which nature carries the pollen to the mother part of the flower—wind, gravity and insects. In the corn we found that the ears are below the tassel. Gravity and wind are the agencies that nature used in bringing the two natures of corn together. Where the father organs are short and way down in the

bloom, such flowers form a sweet juice at the base of the bloom. This attracts the bees and other insects. As they squeeze their way into the neck of the flower and then back out, they rub off grains of pollen onto their legs, backs and wings. They carry this pollen to the next flower of the same kind and on entering the neck of that flower they rub off some of the pollen onto the stigma of the mother part of the flower. In this way the seeds are fertilized. God arranged for these flowers to form the sweet juice so as to attract insects that in this way their seed might be fertilized.

**The Two
Great
Laws** In this story of the plants in a general way you have learned God's plan of bringing into being all of the little grasses, weeds, plants, vegetables and trees. You also have learned two great laws. The first law is that every plant and tree which comes from seed must have a father and mother. We further have learned that the father and mother natures must unite with each other before a baby plant can come into the world. This is the second law. When we come to study God's plan in bringing baby oysters, fish, insects, birds, animals

and human babies into the world, we will find that He uses the same laws.

**Laws
Pure and
Sacred** When we look upon a bed of beautiful flowers, pin one on a dress, gather a bouquet to place in a vase in a room, or to be used in forming a wreath of flowers to be placed on the coffin containing the lifeless body of a friend, in all of their beauty, fragrance and freshness, these two laws are at work in an effort to bring another generation of plants into the world. God is the author of the male and female organs of the plants, and for this reason the union of their two natures is sacred. Plants were the first living beings that God made, and man the last living being whom He made. Plants were at the bottom of God's creative work and man at the top. If the laws enabling plants to bring their young into the world are the same that enable human fathers and mothers to bring their babies into the world, and are pure in the plants, they certainly should be considered pure and sacred in the human family. The latter, indeed, being so much higher in the scale of life than plants, we ought to regard these laws as much more sacred to ourselves.

than to them. Thus you can see how very sinful it is to speak lightly of how babies come into the world.

In mama's next talk she will tell you a story of how the little oysters and fish are brought into existence.

CHAPTER X

SECOND STORY—BABY OYSTERS AND FISH

Oyster and Fish Life

In this talk we will find out many interesting things about God's plan of bringing little oysters and fish into the world. However, before we take up this new story, we must refresh our minds with some things learned in our first story. We can then appreciate the resemblances and differences between the coming into the world of little plants, oysters and fish.

Review of the Plants

In studying the story of life among the plants, we found in most of the flowers male organs and female organs; that the male organs produced a fertilizing powdery substance called pollen and the female organs produced seed; that every baby plant must have a father and mother, and two natures must unite to produce it. We also learned that some plants have flowers bearing only father parts, while other plants or trees of the same kind would have flowers

having only mother parts, and that God uses the wind, gravity and insects in bringing the two natures together.

The Oyster Among the lower forms of animal life, as in the case of the oyster, the male and female natures are in the same animal. Oysters are very soft, shapeless animals living in large, strong, heavy shells. Their soft bodies are attached to the inner walls of the shells by strong, gristly muscles. They live in great masses and their shells are cemented to each other. From this arrangement you see that they are not able to move about or mix and mingle with each other.

How Baby Oysters Come The mother parts of the oyster form little eggs which are fertilized by a liquid substance formed by organs containing the father nature. The fertilized eggs, when expelled from the shell, float off and become attached to some oyster shell or rock. Later they hatch and the baby oysters form about their bodies hard shells that are made larger as the oysters grow. In this way the little oysters come into the world.

**Oysters
and Plants
Compared** In oysters and plants we find that their young must have a father and mother, and that the father and mother natures must unite. The ovaries of the plant produce seed; in the oyster they produce eggs. The male organs of the plant produce a powdery substance; the male organs of the fish produce a fertilizing liquid substance. The seeds of plants are fertilized while in the ovary; the eggs of oysters are fertilized after they leave the ovary. The seeds of plants are planted in the soil and the baby plants grow up from the ground; the eggs of oysters are laid and hatch in the water.

**Animals
with Single
Sex Nature** When God made the fish, insects, lizards, snakes, birds and higher animals, He gave to one a papa or male nature, with suitable sexual organs; to another of the same kind a mama or female nature, with suitable female or sexual organs. The sexual organs of all of the female animals produce eggs and the sexual organs of the male produce a fertilizing fluid called semen.

**Why Fish
Spoon** A number of fish in a group are called a "school." In the spring season of the year "schools" of some varieties

of fish gather in deep water for the purpose of swimming against and over and around each other. Other varieties will swim at this season to the shallow riffles; with tails and fins they make hollow places in the sand and in these hollow places they swim over, under, around and against each other so fast that they remind one of popcorn popping in a popper. They are spooning. Fish spoon to excite their sexual natures. This helps the female to form her eggs and the male to form the fertilizing fluid.

**How
Baby Fish
Come** In the early spring thousands of tiny eggs are formed in the ovaries of the mother fish. When these eggs are ready to be laid, great "schools" of mother fish of some varieties leave the deep water of a stream, river or sea for some shallow place where it suits them to lay their eggs. The mother fish lay their eggs in a thin substance, like the white of an egg, which spreads out in a very thin film, holding the little eggs, one in a place, and very close together. The father fish swim along, sometimes several feet or yards behind the mother fish, and drop from their bodies a fluid, called milt, containing many thousand sperm cells that

unite with the eggs of the mother fish. In this way the father nature unites with the mother nature to produce every little fish that swims in ponds, streams, rivers, lakes or seas.

Certain varieties of fish, however, go to the deep water to lay and fertilize their eggs. A few varieties seem to pair off, a male and a female; the female with her fins and tail whips out a kind of nest in the sand and lays her eggs in it and the male fertilizes them. The mother fish then leaves and the father fish lingers around for a day or two to ward off other fish that might disturb the eggs.

Fish Lay Female fish form thousands of
Many
Eggs eggs in their bodies every year and codfish have been known to lay as many as six to eight million eggs a year. Were you to spend ten hours a day for a long lifetime counting just as fast as you could, you could not count one-fourth as many eggs as the female codfish lays in one season. You wonder why they lay so many. I will tell you. Not one egg in twenty ever hatches and not one little fish in twenty ever lives long enough to grow the length of your finger. They have little or no protection,

and many enemies. There are hogs, turtles, crocodiles and alligators; the ducks, geese and other water fowls, and most of the fish feed upon fish eggs and small fish. That the streams, rivers and seas may be kept with an abundance of fish, God has wisely planned for the mother fish to lay vast numbers of eggs.

**Fish Do
Not Love
Young** Nearly all kinds of fish leave their eggs as soon as they are laid and fertilized and never see or know their young. We noticed that there are a few varieties of game fish where the male lingers a day or so to protect the eggs. But as soon as the eggs begin to hatch, he leaves. In this way all baby fish grow up orphans. They never know or enjoy the presence of their parents. Should some parent fish chance to meet their young, they likely would eat them. The parent fish do not labor to support and protect their young and they do not have to suffer to bring their young into the world. For these reasons they have no love for their young. Should they meet them they would have no means of recognizing them or of enjoying their presence.

**Love's
Dawning**

We found in the plants that the seeds are fertilized while still in the ovary; that in the fish the eggs are fertilized outside the body. In nearly all animals above the fish, the eggs or ova are fertilized while in the mother's body. There is no love between male and female fish. They do not pair off and live in families. Among all the spiders, lizards, serpents, many of the insects, crawfish, frogs and toads, there is a tendency, at certain seasons, for the male to choose a female mate with a view to a home and family. But among all the animals we have named, many of the parents part or leave each other as soon as the eggs are fertilized. All the others do so as soon as the eggs are hatched. The love of parents for each other and for their young lasts but a few days. Perhaps it would be more correct to say that these parents have no love for their young and their interest ceases when the eggs hatch. Before the young are hatched, some of these animals show an intense interest in their eggs and make some provision for the young when they are hatched. But the young all grow up without a parent's aid or care.

CHAPTER XI

THIRD STORY—INSECTS AND BIRDS

**Review
of Other
Stories** Among plants and fish we find no love nor personal feeling between the male and female. Among the insects and reptiles we find that the males choose their mates, when led by instinct to bring their young into the world. From the fish to the birds we find the beginning of the simplest form of interest and love among animals. This is limited to the interest the parents take in the protection and care of the eggs and the food provided for the young before they are hatched. The male crawfish picks up the fertilized eggs with his feelers, that are arranged in a double row underneath his tail, and by means of these feelers he carries the eggs close to his body until they are ready to hatch. The frogs and toads show great interest and tenderness for their eggs. Many interesting books have been written about all of these animals, which, when you are older, you will no doubt take pleasure in studying.

**The Bee
and Ant**

The bee and the ant differ from all the insects and animals we have studied and in some respects they differ from each other. They do not pair off and mate, as do other insects, but live in colonies, or societies. They do not seem to have any special interest in their offspring, or even in a mate, but only in the community of bees or ants. The perfect organizations they form and the homes they build rival work done by intelligence and skill of man. Very interesting books about the bee and ant have been written by persons who spent years in studying them, some of which are in simple language, intended for children. They are as interesting as fairy stories. Mama will buy one for you the first chance she has.

The Birds We will now consider God's plan among the birds. In studying their family life, we find a higher form of instinct, with more love and care for each other and their young, than among the animals already studied.

We often feel disgusted at the ugly, slimy toads, lizards and snakes living in swamps and pools. But not so with the birds. Most of them are interesting and beautiful and

some are fine musicians. In the springtime the male bird chooses from among the female birds one that suits his fancy and they are mated or as we would say, married.

**Nest
Building**

When they decide to raise a family, they build a nest or home for their young. The partridge and lark build their nests on the ground; the swallows, in chimneys; the pigeons, in barns; the woodcocks and woodpeckers, in hollow limbs; the wild ducks and geese, in the high grass and weeds along the edges of lakes and ponds; but nearly all birds in bushes and trees. The cuckoo, however, lays her eggs in the nest of other birds, to get rid of trouble and toil in hatching, feeding and rearing her young. We naturally feel contempt for the cuckoo.

**How Little
Birds
Come**

In every female bird there are organs called ovaries, where at certain seasons little eggs are formed. While small and soft they are fertilized by the male bird. As the eggs continue to grow in the mother bird's body a hard, thin shell is formed on the outside. The eggs of the different varieties of birds vary in size and color. Usually bird eggs are very pretty. When fully formed in the mother bird's

body, and the nest is ready, they are laid in the nest, usually one a day. For several days these eggs must have some extra heat, or they will not hatch. Among most birds, the mother bird sits on her eggs so that the warmth of her body may cause the fertilized germ in the egg to take on active life and form the little bird. In that way the eggs are hatched and the little birdies come into the world.

**Husband
and Father
Bird**

While the mother bird sits on her eggs, the father bird gathers fresh worms and berries for the mother to eat. When not bringing her water or food, he usually is found perched on a near-by limb, cheering his wife by singing for and talking to her. If her little legs become tired, he will take her place, while she flies off for exercise, rest, fresh water and food. The male bird is never untrue to his wife and she is never untrue to her husband. In this respect they are good examples for all married people.

**Training
Their Young
Birdies**

When the little birdies are hatched, from sunrise to sunset, the parents are busy catching insects and finding worms and feeding them. As their chil-

dren grow larger and older, in some mysterious way, they teach them the danger of boys with stones and men with guns, and of cats and snakes. When they are about grown they are taught to fly. Usually the little birds obey their parents perfectly. They do not run away from home, get out on the street, or get into mischief. Sometimes you find a small bird that can not fly on the ground and the parent birds are crying and show great distress about it. The little bird left its nest, not because it was naughty and disobedient to its parents; it was blown from the nest by a storm, or the sight of an approaching cat or snake caused it to leave home for safety. In this way, little birds set children fine examples.

After the little birds leave their nests, they live with their parents in flocks, and sometimes neighbors join them and they live together until the following spring, when they again will mate and rear families. In this way all of the beautiful feathery songsters are brought into the world. Without the birds, this world would be devoid of much beauty and music.

CHAPTER XII

FOURTH STORY—ANIMAL AND HUMAN BABIES

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Comparison We at this time shall talk about God's plan of increase among the higher animals and man, and find that the first two great laws, found down among the plants, vegetables, flowers and trees, are still the principal laws which control the coming of the higher animals and man into the world. The laws to which I refer are: Every little plant, animal and human being comes into this world from a seed or egg and must have a father and mother, and the father and mother natures must unite. These laws never change. We also found that the male or sexual organs, called anthers in the plants and testes in the animals, produce a fertilizing substance called pollen in the one and semen in the other, and that the female organs of sex, the ovaries, produce little seeds in plants and eggs in animals. Further, we have seen that every new plant comes

from the union of the pollen from the father organs with the seeds of the mother organs. So, too, we have found that every baby oyster, fish, insect, lizard, frog and bird comes from the union of semen from the father organs of the male animals with the egg of the mother organs of the female. This last fact is just as true of all animals and human babies.

Two Natures Brought Together We saw that the father parts of the plant united with the seeds of the mother part of the plant while in the ovary; and that God uses three methods of bringing these two natures together, the wind, gravity and many kinds of insects, and we should have added some kinds of birds, such as the hummingbird. In the oyster the little father vessels form a liquid substance, milky in color, containing hundreds of little cells, called sperm cells. The mother organs or ovaries form many eggs. When these are ripe and burst through the membrane of the ovary, the father organs eject their fertilizing fluid, which unites with the eggs as they leave the shell of the oyster. In the oyster the father and mother natures

unite in the water, the eggs are in
the ovaries of the mother, as in the plants.

The Fish We found so to be single-sexed animals; that is, they are either male or female. The mother fish forms hundreds, thousands or millions of eggs in her ovaries. When ripe, these eggs are laid in an albuminous substance like the white of a hen's egg. The seminal sacs in the father fish form a liquid, milky in color, containing many thousand little sperm cells. The father fish follows along behind the mother fish and drops this liquid upon the eggs. When one of these little sperm cells from the father unites with an egg, the egg is fertilized. A few days later the eggs hatch and the little fish are perfectly at home in the water. No little egg can produce a baby fish unless a sperm cell from the father unites with it. If there were no father fish, the mother fish might still lay millions of eggs, but none of them would ever hatch. Now you can understand why it is that every baby fish must have a father and mother. You also can understand why the sperm cell of the father must unite with the egg of the mother. In

all of these respects the frogs and toads very much resemble the fish.

Nature Is Cautious Life, from the lowest to the highest is an interesting study. Nature recognizes that the higher forms are more valuable than the lower. In the lower orders of plants, such as the dandelion and thistle, more seeds are produced than among the corn, wheat and oats. They are not very valuable and nature can afford to lose many of their seeds and have plenty left. Fish lay thousands or millions of eggs, but nature does not teach the male fish to be very cautious in fertilizing them. Nature acts as if she could lose nine out of ten of the fish eggs and still have plenty left. The mother toads and frogs lay hundreds of eggs, but not one-tenth as many as the fish. In the frogs we find nature more cautious. The father frog follows the mother frog quite closely while she is laying her eggs, and shows a great deal more care in trying to fertilize them.

Birds The birds represent a much higher form of life. They are far more precious than plants, oysters, fish and toads. Bird eggs are far more valuable than fish and toad eggs. There are not very many of

them. Nature must introduce some new methods of protecting them, therefore, or she soon will have no birds.

In the spring, nature teaches the birds to pair off or mate. Each male bird chooses, according to his fancy, a female bird to become his wife, his companion and the mother of his children. When this is done they find a suitable place for a home. For two or three days they are busy building a nest or home for the eggs. When it is completed the mother bird lays three, five or six eggs in the nest. They are covered with a hard, thin shell. After they are laid, nature does not leave them alone, but teaches the mother bird to stay with them, sit upon and so give the warmth of her body to them, that they may be protected and hatched. When the little birds come, they are not left to grow up as orphans, like the young of the lower animals. The parents stay with them, protecting, feeding and teaching them until they are able to look out for themselves.

Nature's Plan of Fertilizing We now must go back and learn nature's plan of fertilizing the eggs of the bird. In the bodies of all mothers are tiny ovaries or egg nests. Each mother

fish, frog and bird has two of these ovaries. From each of them there is a long tube that leads to an outer opening of the mother's body. When the eggs are fully formed they are sent through these ducts into the water, cell or nest. Just as nature has taught the birds to build homes for the eggs, to sit upon them until they hatch and to protect, feed and teach their young, so it must provide a way by which the male bird can fertilize the eggs, while yet soft, in the mother bird's body. Nature teaches the male bird how to bring his body in contact with the body of the female so that the fertilizing substance will be forced through the ducts to the eggs in the mother's body. This process or act is called coition or copulation. Copulation among flies is so common that we hardly notice it, and it is a daily occurrence in the poultry yard.

Now you can understand why every baby bird must have a father and mother and why their two natures must come together. Every little bird was once a part of its father and mother.

The Embryo The beginning life in a seed is called an embryo until the seed sprouts and then it is a baby plant. The be-

ginning life in the egg of an insect, fish or bird is an embryo until the egg is hatched and then it is a baby insect, fish or bird. The embryo of a seed forms a very small part of a seed or egg. The bulk of a seed or egg consists of food stuff that has been stored up for the embryo to live on until the seed sprouts or the egg hatches. Twenty-four hours after a hen begins sitting on her eggs the little embryos in the eggs are not as large as the end of a lead pencil. The remainder of an egg is stored up food for the embryo.

**Higher
Animals
and Man**

We now come to study the highest order of animal life and man. Here life will be found more precious and valuable than in any form so far studied, and nature more careful to protect it before and after it comes into the world.

Mammals The word mammal is given to all higher animals and man because their young are fed on milk formed by the mammary glands or breasts of the mothers. The young are so precious that a special food thus must be made for them. Cats, dogs, hogs, cattle, horses, many kinds of wild animals and the human family feed their young in this way. The oysters, fish, toads, insects and birds

either do not feed their young at all or they have some other mehod.

Sprouting and Hatching The little embryo in a seed begins to form and grow after the seed is placed in a damp and warm place. When the embryo is old enough to leave the seed it is called a baby plant. We call this act sprouting or germinating. Some kinds of seed sprout sooner than others. All seed will sprout sooner when the soil is damp and warm than when the soil is dry and cold. It requires from one to several days for the different kinds of seed to sprout.

The embryo in the egg of the fish, insect or bird begins to form after the egg is laid and it receives the warmth which nature requires for that kind of egg. When the embryo is old enough to leave the egg it becomes a baby fish, insect or bird. We call this process hatching. The time required for this varies in different animals one day to three weeks. But in the higher animals and man the young are born, not hatched.

Nest in Mother's Body Among the birds the embryo will require food for only a few days to three weeks before it is old enough to leave the shell and take care of itself.

Plenty of food can be stored up in an egg to last the embryo of a bird that long. But now we come to the higher forms of animals and man, where their embryos must have food for from one month to more than a year before they are old enough to come into the world as babies. So, as nature could not store up enough food in an egg for one of these embryos, she had to provide some other way to feed them.

**A Wonderful
Arrange-
ment** Nature has built in the bodies of all of the females a cozy nest or home for the embryo, called the womb. Connected with it are the two ovaries that form little eggs; connected with the door of the womb is the tube we already have mentioned, which leads to an outer opening of the mother's body. At certain times one or more eggs are formed by the ovaries and sent over to the womb. In the female hog from three to twelve eggs are formed at one time; in the ewe, or female sheep, one and two eggs are formed at one time; in the cow, mare and woman usually there is but one egg formed at the time. The number of eggs formed at one time determines the number of young that will be born at one time, if the

eggs are fertilized by the male. If the female animal has found no mate the eggs will not be fertilized and she can not become a mother. This is why pure women do not become mothers until they are married.

Fertilizing the Egg When an egg is formed by one of the ovaries and is sent over to the womb, if it is met by a sperm cell from the male it is fertilized. The little embryo then starts to grow and is attached to the walls of the womb by a delicate membrane called the placenta. Gradually there forms a little cord containing blood vessels that is connected at one end with the placenta and at the other with the body of the embryo at a point called the navel. Your navel shows where you were once connected with mama's body. As long as the embryo remains in the mother's body it will require air, water and food. These are furnished by the mother and sent into the body of the little embryo through the cord that connects the two together.

Birth According to Nature When the embryo has been in this mother-nest as long as nature planned for it to remain there, the little door of this nest will open and the strong muscles

will contract and force the young life out into the outer world. This is what we call birth, and it is always accompanied with suffering on the part of the mother. In the human mother the suffering is much greater than among the mother animals and usually lasts for several hours. This is why the human mother loves her children so much more and so much longer than do the mothers among the lower animals. •

**How
Another
Mother
Told Story**

Mama will now tell you how another mother told her little boy the way he came into the world.

This mama said: When my little boy was six years old, attending the public school, thrown daily with all classes of boys, I knew that he was constantly in danger of being told of his birth by ignorant and wicked boys in such way as would do him much harm. Daily I was praying to God asking him to help me to see the best opportunity and way of telling my boy the story. One day it came. I saw him playing with the pet cat in a rather rough manner and said, "Son, don't handle the old cat so roughly; handle her gently and tenderly." His reply was, "Mama, why should I not play with her as

I have always done?" "Son, mama can't make the reason plain to you now, but you obey me and in about ten days I will tell you a very beautiful and wonderful story that will make it all plain to you." Then he inquired, "Mama, why not tell me that story now?" I said, "Son, the story is to be true and it will take about ten days more for all parts of it to be finished." As those days glided by, with pride I observed the unusual tenderness, attention and kindness that he showed in playing with the cat.

**Wonderful
Discovery** One morning he came running into my room excited, elated and overflowing with joy, and invited me out to see what he had found. I anticipated his discovery, but wanted him to have all the pleasure and honor of it. So I offered my hand and agreed to go with him, if he would lead the way. Quickly he seized my hand and proudly he led me. When we stepped from the back porch, turning, he pointed under the floor to his discovery. I turned around and beheld four as pretty kittens, playing about the mother and basking in the sunlight, as one ever sees. He bragged about finding them, called my attention to their

color and beauty, claiming two of them as his own.

**Talked
the Matter
Over** We then sat down on a rustic seat side by side where we could see the kittens, and continued to talk about them. At length I said, "Son, do you remember the little talk we had several days ago when you were handling the old mother cat rather roughly?" "Yes, mama, and you promised to tell me a beautiful story, that would make it all plain to me. Say, mama, can't you tell that story now?" "Yes, son, all parts of it are now finished. I will tell you one of the prettiest, sweetest stories a mother ever told her boy. When I asked you to be kind to the old cat, those four little kittens were in her body. That was why she appeared larger than she does now. Then the kittens were much smaller and tenderer than they now are. If you had been rough with the old cat, you might have injured them so that they would have been born crippled, deformed or dead. When they were born, a few days ago, their eyes were so tender that the full light of the sun would have put out their sight, so they were born with their eyelids closed and glued together.

The old mother cat knew how tender their eyes would be, so she went away back under the dark floor and gave them birth. As they grew older and their eyes got stronger, she brought them a little nearer and then a little nearer to the opening, until they are now able to look up into the face of the sun."

Asks a Sacred Question By this time I saw that my boy was anxious to ask a question, which I was eager for him to put. I believed he was going to ask me what God wanted him to ask, and that my mother heart longed for him to ask. I paused and looked into his up-turned face. As his deep, true eyes met mine, very naturally and seriously he said, "Mama, was I once in your body?" "Yes, son, you first began to live in mama's body, in a little nest or home just under my heart. You started as a little egg. For two hundred and eighty long days, nine long months, you were growing in my body.

Loved You Before Birth "Mama knew you were there and loved and prayed for you long before she ever saw you, and had to be very careful not to meet with an accident lest you might be born deformed or dead. She had to be cautious, too, about the food she ate, the

air she breathed, the water she drank, the exercise she took and all she thought and did, because you were connected with her body by a little cord filled with blood vessels, through which she supplied you with the materials necessary to the growth of your body, mind and soul. In this way you were constantly being influenced by mama, who was anxious that you should have a healthy, perfect body, and sound mind, so that you might grow up to be a worthy and useful man. If mama had been angry, untruthful or dishonest during the months you were a part of her, you might have been born with an ugly disposition, tendency to steal or to be untruthful, so she was very careful about her thoughts, language and what she did during the months that you were a part of her body.

Great Pain at Birth "Mama knew about the day that you would leave your little home and come into the world. For hours she suffered great pain. Our faithful doctor was present and did all he could to lessen mama's suffering. Papa stood at mama's side, held her hand in his, often stooped over and kissed her lips, cheeks and brow. As soon as you were born, the air rushed into your lungs and you cried.

**Joy to
Mother's
Heart**

“Mama heard your baby cry and it thrilled her with a joy known only to a mother when she realizes for the first time that her baby has been born alive. But, son, when you were born and for many weeks and months you were tender and helpless. If mama had died and there was no one present to care for you, you soon would have died, too. God might have searched heaven over and He could not have found an angel who would have loved you as much or cared for you so well as mama could. She fed you at her breast, held you in her lap, fondled you in her arms and sung lullabies to you. When you were only a few weeks old some nights you had the colic, and as you were racked with pain, mama would walk the floor with you, rub your little body and sing to you.”

**Greater
Love for
Mother**

“By this time,” said the mother, “my boy had climbed upon the rustic seat, thrown his arms about my neck, was kissing my cheek, while tears rolled down his cheeks.” Then he said, “Mama, I am glad you told me that story. It is the prettiest one you ever told me, and has made me love you better than I ever did. Why, mama, I never knew that for a long time I was a part

of yourself; that you loved and prayed for me long before you ever saw me; that you were so careful to have me well-born; that you had to suffer so when I was born; and that you loved and cared for me so when I was tiny and sick. I can love you better now and I will try never to disobey or tell you a falsehood."

Father and Mother Love "My son, this is the story of your birth. And your papa loved and prayed for you, too, and he has toiled to make money, so that he can educate and furnish you a pleasant home. These are some of the reasons why papa and mama love you now, and take so much interest in your future. Were you to go wrong, I am sure our old days would be spent in grief, but if your thoughts, words and habits are kept pure and manly, every time we see or think of you we will be thrilled with joy. Will you not now promise yourself, God and mama to make a manly effort to keep pure? If you do, papa and mama will be repaid many times for all their sacrifice for you."



Learning to Be Useful



The Motherly Instincts of Girlhood

CHAPTER XIII

PUBERTY

When Puberty Approaches Though the necessity for parental instruction begins at an early age, and continues through the years of childhood, it is especially necessary when puberty approaches.

What Is Puberty? At a certain period in the life of the youth he undergoes a change by which he acquires powers which qualify him to take part in the perpetuation of his kind. This change is the period of puberty. It is distinguished by a number of physical alterations, the most significant of which is the secretion of a fecundating fluid.

The proper age at which puberty should come varies from twelve to eighteen years, as it is influenced by many surrounding conditions.

The Boy's Changes When the boy passes to the condition of youth he leaves behind him the characteristics of childhood. The skin be-

comes coarser and less delicate, the muscles firmer and more distinctly marked, the voice loses its childish treble, the vocal apparatus enlarges and emits a harsher sound, the bones harden, the "wisdom teeth" appear, various parts of the body become covered with a soft down which gradually becomes rougher and thicker, and those organs peculiar to his sex enlarge.

Not less remarkable are the mental changes. Unwonted desires and sensations, half understood and confusing, awake in the mind impulses to which he has been a stranger, vague longings after he knows not what, sudden accesses of shamefacedness in circumstances where he had ever been at ease, a restlessness and a wilfulness, indicate to the observing eye the revolution which is going on within. Perilous moment for the boy!

**Causes of
Variation**

1. *Climate*.—Travelers have frequently observed that in tropical countries both the sexes arrive at maturity earlier in life than in temperate or cold countries. This explains the early marriages which are customary in those localities, and which do not appear to exert the injurious influence on the offspring which is almost con-

stantly observed in temperate climates from premature union.

2. *Hereditary Tendency*.—This is constantly observed as hastening or retarding by a year or two the development of both sexes. It is to some extent connected with race, as it is found that negroes are more precocious than whites, and boys of southern parentage than those of northern. This is readily seen to be traceable to the influence of climate just referred to.

3. *The temperament* is also a controlling influence. Light haired, stout, phlegmatic boys are longer in attaining the age of puberty than those of nervous and nervo-bilious temperaments.

4. *Occupation and habits* have also much to do in the matter. As a general rule, the more vigorous, the more addicted to athletic exercise, the more accustomed to outdoor life, and to active pursuits, the slower will be this change in approaching. This statement may be unexpected to many; they may think that vigorous health is precisely what nature would wish to assist her to complete this profound and mysterious transformation in the constitution.

5. *The constitution*, by which we mean the mass of morbid or healthy tendencies inherited from parents, consequently has very considerable weight in determining the time at which the change will take place. In accordance with the physiological law just quoted, it is very generally found that boys with weak, nervous, debilitated constitutions are apt to be precocious, and those gifted by their parents with sturdy limbs and a powerful frame remain boys much longer.

Hygiene of Puberty The less that the boy and the youth think about, or any way have their attention directed to, the sexual distinctions, the better. Does it follow from this that it is the duty of parents and teachers sedulously and wholly to refrain from warning them, or giving instructions of a private nature? This important question has been frequently discussed, and there are now, as there always have been, men of influence who answer it in the affirmative. But it is also worth remarking that without an exception those medical authors who have given most constant and earnest attention to the diseases and disorders which arise from the prevailing ignorance in such matters are earnest and emphatic in their

recommendations to educators and to parents to give sound advice to the boys, and to urge upon them the observance of certain precautions, which tend to remove premature excitements.

**False
Modesty**

It is one of the most important duties of those who have charge of youths to see that neither by ignorance nor urged by opportunity or intellectual stimulants, they forestall nature's own good time. Most inexcusable is the false modesty which, on the ground of fear lest indecorous thoughts should be awakened, serves as the plea for wholly neglecting this vital department of sanitary supervision.

**Muscular
Develop-
ment**

Systematic, daily, regulated exercise, pushed to the verge of fatigue, and varied so as to keep up the interest of the pupil, can not be too much insisted upon. This alone is worth all other precautions, and is almost indispensable. Now that most large schools have gymnasiums attached, and especially as light gymnastics have been so widely introduced, and can be put in practice at such small expense, there is no excuse for neglecting this precept. Parents will do well to decline sending their boys to any insti-

tution which has no provisions for physical culture.

Cleanliness It were an excellent arrangement for every boy to be induced to take a sponge bath, or, what is better, a shower bath, every morning, in cool or cold water.

Avoid Irritation Avoidance of irritation from any cause is always essential. It may arise from ill-fitting drawers or pants, or from an uncomfortable seat, or from constipation of the bowels, or from an unhealthy condition of the urine or bladder, from piles, and much more frequently from worms, especially those familiarly known as seat-worms. Soft cushions should be dispensed with; cane-bottomed chairs and benches are for many reasons preferable. Certain varieties of skin diseases of a chronic character are attended by such a degree of heat and itching that the child is led involuntarily to scratch and rub the affected part. Whenever they attack the inside of the thighs or lower part of the abdomen, they should receive prompt and efficient treatment.

Dormitory Regulations The dormitory should invariably be of a character to promote modesty. Never should two or three boys be al-

lowed to sleep in the same bed, and it were more prudent to assign each a separate chamber. They should be encouraged by precept and example to avoid needless exposure of the person and indecorous gestures. The beds should be tolerably hard, mattresses of hair or with springs being greatly preferable to those of feathers, cotton or sponge. These latter are heating, and, therefore, objectionable. The bed clothing should be light, thick comfortables being avoided, and the chambers should be cool and well ventilated. Every boy should be required before retiring to empty the bladder, as the presence of much fluid in that organ acts as a sort of irritation on the surrounding parts. When a boy wets his bed during sleep, it may be taken as evidence that he either neglects his duty, or else that there is some local irritation present which requires medical attention. Sleeping on the back should be warned against, as this is one of the known causes of nocturnal excitement and emissions.

**Moral
Training**

Equally important as these physical regulations is it that the boy should be assiduously trained to look with disgust and abhorrence on whatever is indecent in word or action. Let him be taught a sense

of shame, that modesty is manly and honorable, and that immodesty is base and dishonorable. Strengthen a taste for those things that are of the utmost concern to life, health and happiness; those things that ought to be the purest, sweetest, and truest; that knowledge which in itself, rightly given, will do the utmost good, and will never do harm.

Passion the Foundation of Nobility All these precautions are to what end? To avoid exciting the *passion of sex*. It is well to hold this clearly in view; and it is also well to understand distinctly what this passion is.

Is this passion a fire from heaven or a subtle flame from hell?

The noblest and most unselfish emotions take their rise in this passion of sex; the most perfect natures are molded by its sweet influence; the most elevating ties which bind humanity to holy effort are formed by it.

The wise man will recognize in the emotions of youth a power of good, and a divinely implanted instinct, which will, if properly trained, form a more symmetrical and perfected being than could possibly be formed in its absence; and he will have impressed upon him the responsibility which devolves on

those that have to control and guide this instinct.

When Does Passion Commence? It is not at the period of puberty that passion commences. In fact, it is hard to say how early it may not be present; and this point we wish to impress the more emphatically, because parents and teachers, in spite of their own boyish experiences, if they would but recall them, are too liable to persuade themselves that at the age of five or ten years no particular precautions are necessary. But the physician knows that even in infants it is not very rare to witness excitement of the organs, which must depend on the action of those nerves which control passion.

Self-Abuse Self-abuse not uncommonly prevails at the ages we have mentioned, and proves the early development of the instinct. In such cases it is a purely nervous phenomenon not associated with the discharge of the secretion, which does not yet exist.

Source of Elevation or Ruin The danger that threatens is not to be obviated by a complete repression or an annihilation of this part of our nature as something evil in itself, but by recognizing it as a natural, prominent and even

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served in a very remarkable degree. The ordinary rule seems to be that sexual power is not retained by the male, in any considerable degree, after the age of sixty or sixty-five years.

Female Organism The essential part of the female generative system is that in which the ova are prepared; the other organs are merely accessory, and are not to be found in a large proportion of the animal kingdom.

In the human female, the period of puberty, or of commencing aptitude for procreation, is usually between the thirteenth and sixteenth years; it is earlier in warm climates than in cold; and in densely populated manufacturing towns, than in thinly peopled agricultural districts. The mental and bodily habits of the individual have also a considerable influence upon the time of its occurrence, girls brought up in the midst of luxury or sensual indulgence undergoing this change earlier than those reared in hardihood and self-denial. The changes in which puberty consists are for the most part connected with the reproductive system.

Age of Puberty in Woman It is to this *periodical* function of her system that woman owes health, life and all that can make her attract-

ive, as a woman, to the opposite sex. It can not be that it was designed to be a period of suffering. It is as essential a function of her organism as is breathing. On the regular, healthful recurrence of no function of her nature does her beauty, her energy, her health and happiness more essentially depend. Yet, feebly organized and developed as women, in civilized life, now are, it is generally a period of physical and mental prostration, and often of deepest suffering to the body and anguish to the soul. It is then her nature calls for the tenderest love and sympathy from the opposite sex; but it is the time when, often, even from him who holds to her the relation of husband, she gets the least. But, if men were taught in early life to understand this function of the female system, and its relations to her beauty, health and happiness, and to all the dearest relations of life, they would accord to her, during this period, their purest, tenderest and manliest sympathy.

CHAPTER XIV

THE FATHER'S RELATION TO THE HOME

**Father,
Head of the
Home**

The character of the home determines the character of the church, society and the nation. The home is the most important of all earthly institutions. There the problems of society, the church and the nation must be largely solved. The home is both a civil and divine institution. Civil and divine law place the husband and father at the head of the home. No teacher sustains a more vital relation to society, no minister to his congregation, no king to his empire, or president to his republic, than does the conscientious father, who does his best to build an ideal home. He is truly serving God and his country in the highest sense. In the work of building a home, he is serving society and the church in a higher sense than he would be, were he neglecting his family while writing books, teaching school, delivering lectures or preaching sermons.

His Relation to His Wife

The relation of husband and wife is a partnership affair. In every sense they are equal partners. Their rights and privileges are equal. Their part in building a home is not, in all respects, the same. The service of one is as important as the other. Neither can build a home without the other. Their service is incomparable.

Financial Support

Nature has fitted man mentally and physically for devising means of earning a support for his family. Whatever occupation, calling or profession he may engage in, he should put forth the best effort of which he is capable to produce an income that will support his family decently.

The amount of money he can furnish his wife will depend upon his earnings. They should talk over this matter as partners. One has as much right to the income as the other. They should consider how much is produced. If the income is small, they should economize. They should endeavor to save something each year, even if the income is small. Money is stored-up human energy. If the income is large, they should be more liberal in the use of it, but it is sinful to waste money. The husband has the right to the income.

to beg him for money to meet her personal expenses or the expenses of the children. Home building is a partnership in which every member of the home is interested in every dollar produced. Legally the father may spend his money on his selfish indulgences. Morally he has no right to spend the home company money in a way that will not benefit each member of the home. For a father to spend money on tobacco or drink and refuse corresponding amounts to his wife and children to be spent needlessly by them, is as dishonest as for a member of a firm, or the president of a bank, to misappropriate the funds of a partner or a depositor.

**Moral
Support**

For a man to build a reputation for honesty, truthfulness, sobriety and virtue and to possess a good character is of more value to his wife and children as a home builder than to be able to produce large earnings and to be free with them. When a man assumes the responsibility of building a home, his family has a right to demand of him honesty, integrity, sobriety and virtue. He has no more right to rob them of one than the other.

**Love for
Wife**

While the romance of courtship and the honeymoon can not be continued for life, yet the husband should always show her a deep respect, a manly courtesy, a true love and absolute loyalty to his marriage vow.

**Relation of
Father to
Children**

Each child born into the home is a new member added to the partnership. The children have financial, social and moral rights that should be respected by the parents. While civil law and God place the father at the head of the home, this does not constitute him a tyrannical boss or ruler, but he should so conduct himself that the family will regard him as their protector, supporter and adviser. He should not use language or indulge in habits which he would not be willing for each member of his family to do. As partners in the home they have the same moral rights as himself. He should be to his children a chum, a friend, a companion, constantly endeavoring to make them happy. There are times in the home when the father's decision must be law. He must support his family. The law holds him

responsible for their support and for their deportment as members of society. As long as they are under age, if they contract a debt or damage property, the law holds the father responsible. This responsibility makes it necessary for him to decide some things, in a way that a child may not wish to follow. This should be done in a dignified and agreeable way.

**Should
Command
Children's
Respect** The father should never allow himself to become angry or to use hasty and abusive language in correcting a child. If he does, he demonstrates his own weakness and inability to be a real father. Punishment of some natural kind is sometimes necessary, but corporal punishment, as a rule, is brutal.

The father should so conduct himself as to command the respect, reverence and love of his children. He should be sociable and gentle, as well as dignified and strong—should have their complete confidence, so they will come to him with their problems and troubles. The sacred service of a true father in the home can only be equaled by

the service of the mother. The fathers that toil long and late, study | strive to support, educate and train a family of children to become good citizens and devoted Christians, will receive rich rewards here and royal welcomes yonder.



Time to Get Up



Good Friends

CHAPTER XV

THE MOTHER'S RELATION TO THE HOME

Equal Partners

In the partnership of building a home, the wife is in the truest and fullest sense an equal partner with her husband. Equal rights and privileges should characterize their financial, social and moral relations. They are complements of each other. Neither is ever completed until the other half is found. They are essential to each other's highest development. Neither can build a home without the other. Their relations to the home are of equal importance.

How They Differ

They differ in their functional relations to the building of a home. While their interests are mutual and their duties often overlap each other, yet they differ in some respects in their relations to the home. The husband is the producer; nature and God place on him the responsibility of feeding, clothing, sheltering and educating

the family. The wife is the housekeeper; nature and God place on her the duty of motherhood and the love and care of children. Both husband and wife need special preparation before and after marriage for their respective relations to the home.

Marriage Means Motherhood Unless a woman loves little children and desires to teach and train boys and girls to become ideal men and women, she should not think of accepting a marriage proposition. Marriage is for the purpose of offspring. All girls should train and develop themselves with a view to the sacred functions of motherhood. Those who are mentally opposed to and physically incapable of motherhood should decline marriage. Such women can and should find some other occupation better fitted to their tastes or physical condition, where they may be contented and help make the world better.

A Matrimonial Farce In apartment houses, hotels and lodging places are to be found men and women living together under a form of legal matrimonial alliance, where the true idea of home is not contemplated, children are not wanted and no domestic happiness

anticipated. These are human abodes, where the echo of birth is never heard; where the thrill of joy, caused by cooing babies, is never felt; and where conversation is never disturbed by romping children. This is a home only in name—a place of lodging where two miserable selfish beings are waiting for death to step in and end the farce.

Good Substitute for Home The author was once entertained in a home where the husband and wife had crossed over the half-century line of life. During my first day in that home, every few hours, the husband or wife would bring in from two to six boys and girls introducing them to me as their boys and girls. When the number had run up in the neighborhood of twenty, that home got interesting. When I inquired how often they had been married and how many children they had, I was informed that they were only borrowing them from the neighbors. I never saw a home with a greater influence for good. Though childless, their home was a heaven for there the neighboring children resorted, played games, and received instructions of the highest order. The children

were trained to hunt up the old, the sick and the poor and to carry them daily flowers gathered from the yard and garden of this old couple. This was an ideal imitation of the real thing—a model home. I wish every childless home could be converted into such an ideal imitation of a real home.

**A Good
House-
keeper**

One of the qualifications a wife should have is a reasonable practical knowledge of how to keep house. It may not be necessary for her to do all her housework, but she should understand how it ought to be done. A man has as much right to demand that his wife know how to wash clothes, bake bread, sweep a room, and make a bed, as she has to expect him to be industrious, know how to form or conduct his business or profession. She must know how to do these things in order to manage properly a well-ordered home.

**Should
Know Value
of Money**

The wife should know the value of money and how to invest it in food, clothing and household comforts. To do this, she must make these things a study. Unreasonable extravagance of wives has caused many unhappy homes.

Should Be Attractive She could never have won her husband had she not made herself attractive. Marriage does not lessen man's interest in his wife's attractiveness. The wise woman will not permit her husband to become ashamed of her.

Should Be Industrious A reasonable amount of physical exercise is just as essential to woman's health as it is to man's. The indolent wife who settles down in an easy chair and reads novels all day, satisfied with the fact that she is married and unconscious of or indifferent to the fact that she must keep her husband's respect, is likely to lose both his respect and love.

Should Be Interested in Husband's Affairs A wife should know enough of her husband's business or professional affairs to enable her to appreciate his ambitions and sympathize with him in his trials. In this way, some women help to make their husband's success. There is quite a difference between interest and encouragement, and interference. One leads to success, the other to failure.

**Home
Should
Come First** A good wife or mother will make the interests of her home first. If her home is first, in her mind and heart, she will not find time or inclination to gossip about her neighbors, or to contrive new ways to amuse herself. Her home interests will completely fill her life, occupy her time, satisfy her aesthetic nature and furnish her the greatest opportunities for Christian service in the world. This does not preclude membership in a humanitarian society, a reading circle, or church. But great as this service may be, it is not equal to the home. A home builder is never justified in neglecting her home duties for her obligations to a club, a lodge or the church. By spending a few hours in practical contact with other housewives at a social meeting or church, she is better able to perform her home duties. But these things should be subordinate to the duties of home building. Christ in the home will mean Christ in society, the church and the nation.

**The Anteroom to
Heaven** When a woman has entered married life with her prince, determined to make a real wife and mother, she

has chosen the highest and most fascinating career that is possible for a woman. Her home will be an anteroom to heaven.

**Family
Troubles
Solved**

While natural sex preference and the birth of children solve almost all the domestic problems and make possible the solution of all family troubles, they do not render the husband and wife immune to all differences, disagreements, incompatibilities and perplexities. It is not possible for the husband to see everything from his wife's viewpoint, or the wife to see everything from the husband's point of view. If they differ in taste, retain their personalities, have lofty ambitions, possess sensitive natures and have their individual ideals, they will often differ in their opinions, and occasionally very good people will find themselves in serious disputes. Commendable ideals and virtues, as well as faults, may become the sources of domestic trouble.

**Grave
Questions**

What ought they to do—separate? No. Secure a divorce? Certainly not. Let these steps be the last possible resort. Where a family of children are to be scattered and injured by the dis-

grace, perhaps a divorce should not be sought on any grounds. The bleeding hearts and blasted hopes caused by one divorce is often greater than that caused by death. Divorce often degrades morals, withers ideals and causes untold human suffering. What is the remedy? Agree to let past differences, disagreements and quarrels remain in the past. Don't bring the dead yesterdays over into the living todays. Each morning give each other a clean slate, resolve to please rather than to displease your partner. Pursuing this course, apparently irreconcilable differences will gradually disappear. This does not mean that husband and wife should lose their individualities, or compromise their convictions. This remedy is not radical or expensive, but it is one that works in nearly every case.

CHAPTER XVI

THE BOY'S RELATION TO THE HOME

The Boy Problem

The boy problem is becoming one of unusual interest to writers, teachers, lecturers, ministers and parents. Books, teaching, lecturing and preaching can aid some, but the real problem of the boy must be solved in the home. The mental make-up of a boy, his superior strength, his natural aspirations and his duties in life, require that some of his training should differ from that of a girl.

Should Be Taught to Work

One of the most important steps in the solution of the boy problem is to have the boy actively engaged in some wholesome, pleasant and rational way. He should be given work that is worth doing well and that will be of use to him in future life. This training should begin in childhood and continue until he is matured. Every day he should have some task to perform and he should never be allowed to neglect his work.

Boys Enjoy Making Money A boy should be given a chance to make money. Rarely should money be given to a boy. It is far better for him to earn it. He will in this way learn the value of a dollar. He should be encouraged to deposit his money in bank, to loan it on interest, or to wisely invest it. It is a great deal better for a boy to invest and lose than to spend his earnings for candy or a ticket to a ten cent show. If started right most boys would take pride in saving their money. Usually when parents wish their children to have candy or some other luxury, it would be wiser for them to pay for it than for the children to do so. A child should be encouraged to give, out of his own money, to the needy, and to Sunday school and church.

Should Be Encouraged A boy should have his own room in the house, his own things in the room, and his property rights should be respected. When he fails, he should be encouraged; when downhearted, boosted; and when he succeeds, praised and commended. Give the average boy a chance and he will make a man.

**Moral
Training
Same as
Sister**

Parents who hold to two sets of morals—do right for the girl, and do as you please for the boy—are not qualified to train a boy. A boy should be trained to believe that whatever is morally wrong for his sister and mother is equally wrong for him; that it is just as ungentlemanly for him to swear as it would be unladylike for his mother and sister to swear; that it is just as wrong for him to use vulgar and obscene language as it would be for his mother and sister to do so; that if he can drink and be sexually impure and remain a gentleman his mother and sister can indulge in the same vices and remain perfect ladies. If parents believe in the double standard of morals, that the boy must sow his “wild oats,” most likely he will. There is no sane reason why a boy should swear and his sister should not, why a boy should use tobacco and his sister should not, why a boy should drink and his sister should not, or why a boy should be sexually impure and his sister should not. The boy, with the single standard of morals instilled in his mind, is incomparably more likely to make a useful,

successful, great and good man than the boy trained to believe in the double standard.

Should Play With Girls Boys are, by nature, inclined to be rough, rude, coarse and untidy.

They need to associate with girls, who naturally have just the opposite tendencies. It is refining for boys to learn and enjoy the games of girls.

A girl's ambition is to be beautiful; a boy's ambition is to be strong. These preferences are natural and they should be encouraged. All boys delight to display their physical powers. Thus they are led to test their strength with that of their sisters and often are rough and rude. They should be instructed that it is natural for girls not to be as strong as boys, and that for this reason they should protect girls and never be rude with them. Boys should have a place and the proper means of taking exercise.

The Boy and His Mother The mother and her boy should be chums. They should keep on the most intimate terms. The mother often can instill into the mind and heart of her boy a refined nature, gentle feelings, pure motives and a manly purpose in a way that

is not aggressive and yet such lessons will be permanent.

A Boy's Companions It is important for a boy to have good companions. If he has been trained as indicated he will not rebel when his parents offer suggestions. However, they should endeavor not to appear to choose his companions.

Going to College Many boys would be better off not to go to college. The contaminating influences of some colleges can not be overestimated. Of all rowdyism, college rowdyism is the most demoralizing. In very recent years special efforts have been made in some of our colleges to eliminate this objectionable feature. There are some colleges where the manly, the moral and the religious predominate and the boy is fully as safe there as at home. Before a boy is sent to college he should be fortified and safeguarded against college contaminations. Parents should investigate college morals before making choice of a college for their boy.

CHAPTER XVII

THE GIRL'S RELATION TO THE HOME

The Girl's Rights The girl in the home is a member of the partnership plan of the family. She should have the same financial, social and moral rights as her brother. Her moral training should be no better than his. If she is properly trained in the home, her services are as valuable as her brother's and so should have like financial rights.

The Girl and Her Father The father, if worthy of being such, should have the confidence, respect and love of his daughter. She should feel free to approach him with her wishes and her problems. His advice and counsel will be of great value to her in her social relations with young men. She ought to be attentive, kind and loving in her relations to her father.

The Girl and Her Mother A mother should not forget the experience of her girlhood. Though busy and burdened with many cares,



Thinking of Others



Happy Days

she should take time to talk, often and intimately, with her daughter about her own girlhood, her own temptations, her own experiences in the various vicissitudes of life. By wisely cultivating the relation of sympathetic companionship, the mother often can bridge her daughter over that period of adolescence when many girls come to regard their mothers as "old fogies." This is a stage of growth in a girl's life. It usually occurs when they are in high school. They sometimes openly and unkindly criticise their mother's dress, speech, advice, counsel and even her religion. This is a period through which the girl must pass. The right relation between the girl and her mother would save the mother from many tears and heartaches and the girl from many regretful memories of mistaken ideas and blindness.

Fortunate is the girl that has never had an attack of "high school snobbery," that has never spoken lightly of the imaginary deficiencies of her mother, but who has always found it a joy to divide gifts with mother, to hand her the prettiest rose, to read her a choice story.

**The Girl
and Her
Brother** Girls do not appreciate always the influence they are exerting over their brothers. A boy's estimate of woman is often received from his sister's influence. A sister has it largely in her power to make her brother gentle, true and pure. She can make home attractive and pleasant for her brother, and thus save him from seeking pleasures in questionable places and ways. Brothers and sisters should grow up together, be educated together, play together, and, as far as possible, help each other. Their joys and sorrows, aims and purposes should be mutual. Her lack of physical strength, her natural tastes and aspirations, her duties and mission in life, being in many respects different from her brother, require a line-of preparation unlike his.

**Her Most
Valuable
Training** Marriage is not the only goal toward which a young woman may turn, but it is the most natural, important and worthy. Most girls look forward to marriage as a possible and desirable goal. Perhaps no woman would refuse marriage if the right man should propose. It is for this reason that every girl should prepare

herself thoroughly to be a housekeeper, a wife and a mother. This should be her first and most thorough training. She should not rest satisfied until she has learned every phase of how to keep house, to care for the wants of small children and to manage hired help. This training should begin in childhood. A girl should be able to dress herself and to keep her own room by the time she is ten years old. Whatever may be her career in life, she will always be the better off if she is a good housekeeper.

The Independent Girl In addition to having prepared herself for a housekeeper, a wife and a mother, she should also prepare for some vocation in life. The right man may not present himself; or she may be called upon to support an invalid husband, aged mother or father, and she will need to know how to earn a living. A girl unprepared to support herself, waiting year after year for some man to marry her, is an object of profound pity. If the right man comes along and marries her, all is well. But she often marries the wrong fellow, or waits for many weary years in vain.

Opportunities Open A generation ago few opportunities of earning a support were open to a girl. Conditions have changed, woman's ideals have grown and the world offers her other vocations than housekeeping, wifehood and motherhood, and unless these come in very attractive form she can choose the vocation of art, music, teaching, stenography, bookkeeping, or some other calling. By the time she is eighteen, a girl should be able to keep house or earn a living in some business way. This will give her an assurance of independence. Regardless of the wealth of her parents, she should have these two qualifications. If her parents are poor and she is ambitious, she can now work her way through college if she desires.

If the morals of a girl have been properly safeguarded by her mother's training and teaching, the independent girl is not more likely to fall than the girl that remains at home and waits for a husband.

Experience Valuable The independent girl that goes out into the world with her brother, shoulders the same burdens, wrestles with the same problems, fights the same bat-

ties and overcome the same difficulties, will meet a better class of men than those likely to seek her in her home. She is more likely to be happily married than if she remained at home. She is now better fitted to be a housekeeper, wife and mother, than if she had remained at home. She has learned how to produce a dollar, she now knows the value of money and how to spend it wisely.

Notice to Parents.—The next volume of The Personal Help Library in its order is "Personal Help for Boys and Young Men." It is divided into two books. Book I is designed, first, to help parents to intelligently discuss with the boy the relations of sex life to his mental, moral and physical well-being, and, at the same time, interest him in legitimate games, sports, recreation and diversion, which are so essential to the building of character in the average boy, and in the development of ideals. At the age of fourteen years, the book should be given him to read for himself. Book II of the same volume will be eagerly read by boys of fifteen years of age and over, and will prove a safe-guard to the morals of every normal boy and young man.

Volume IV is entitled, "Personal Help for Girls and Young Women." What Volume III is to boys and young men, Volume IV is to girls and young women. Parents will find in both just what they need to help direct their sons and daughters to paths of safety, until they are old enough to think and act for themselves. Thereafter, these books placed in their own hands will prove a boon to their lives and a source of satisfaction and happiness to parents. Other volumes of the set are I, "The Sex Challenge Answered," and II, "Personal Help for The Married and Parents." The four volumes of the set are uniformly bound in Cloth at \$3.90 each, and in Morocco Grain Keratol at \$4.90 each. If ordered by Parcel Post, add 25 cents per volume for packing and transportation.

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CHAPTER XVIII

TRAINING AND GOVERNMENT IN THE HOME

Unit of Government As already observed, the home is a partnership. It is a unit of government. In an ideal unit of home government, every member is governed by and through an intelligent understanding of the customs, rules and laws of home, a conscientious recognition of what is right and wrong and the golden rule of love. Each member has equal rights. What is wrong for one is equally wrong for each and all. What is right for one is equally right for each and all. Such a home is a unit of government where parents and children are organized under a constitution of intellect, conscience and love, for the purpose of building character, fitting themselves for larger citizenship in this life and the life that is to be its sequence.

Home is the biggest institution in the world. Home building is the noblest and highest vocation in life. Its responsibilities

are stupendous; its possibilities, limitless; and its rewards, infinite. Home builders should be the best qualified and the most skillful of architects.

Training of a Child Solomon said, "Train up a child in the way he should go and when he is old he will not depart from it." The thoughts, actions and habits of childhood have much to do with a child's future character and possibilities. When a child's training is commenced in early childhood, was it begun soon enough? After a noted surgeon had examined a patient, turning to a friend he said, "If I could have had this patient two generations ago, I could have saved his life." Oliver Wendell Holmes was asked when a child's training should begin. He replied, "At least one hundred years before he is born." Sometimes it happens that good children are made bad and bad children worse by the company they keep before they are born. The little boy was not far wrong, who, when he found his mother lamenting the choice she had made of a life companion, said, "Mama, we made a bad choice when we chose papa, didn't we?" Some children

have made an equally bad choice of their mamas and some appear to have made a doubly bad choice of both parents.

Study Each Child A child is not easily understood.

No two children are alike. Each child has a very complex nature. He is the product of the ages. The complex nature of his parents are blended into his being, producing a more complex being. He is not a duplicate of either. He has received from his parents a blending of their natures and, in a limited way, what they inherited from his grandparents and their grandparents back to Adam. Parents and teachers should try to discover the child's latent forces, his slumbering passions, his genius, his inherent propensities and native goodness. They should wisely use nature's laws and God's gifts in constraining, controlling and eradicating the inherited and acquired tendencies that are pernicious; also in drawing out, giving direction to, and developing the inherited and acquired good in his life.

Importance of Early Training Children in the home are to be trained. Their prenatal culture, the most important part of a child's educa-

tion, may have been respected or neglected. This can not be altered now. The next agency to be utilized in the child's training is environment. This can be applied from its birth. The child is more susceptible to external influences in babyhood than in childhood, in childhood than in youth, in youth than in maturity. The child becomes more fixed in disposition and character and more difficult to change as he grows older.

The Training of Parents If I were a perfect sage, philosopher or Christian, or all three combined into a perfect teacher, I would much prefer the task of training one hundred little children than the task of training ten parents (including the author) how to train their children. Most parents need to devote three hours to a careful analysis and study of their inherited and acquired weaknesses, to one devoted to a similar study of a child.

A Study of Disposition Such peculiarities of mind and disposition as cruelty, ambition, firmness, conscientiousness and affection may be so pronounced in one's life as to bias his judgment and unfit him for the training of

children. When one of these characteristics is very dominant in a father or mother, it will most likely appear in an exaggerated form in one or more of the children. Like excites like, is a law that should be thoroughly understood by parents. Where firmness is very pronounced in both parents and child, there will be a constant clash unless one or both exercise full self-control. Such a child should be controlled largely by love. A severe or cruel parent will make a coward of a timid child and a criminal of a self-willed one. The over-conscientious parent will disgust one child and make a fanatic of another. The over-affectionate parent will appeal to the affections alone and leave the will of a child undeveloped. Appealing to the ambition only of a very proud, ambitious child is likely to make him conceited and egotistical. For a parent to quarrel, have a fit of anger, or use violence, is degrading and demonstrates his weakness and incapacity to be the head of a family. At the same time these mental states tend to awaken similar feelings in the child and this usually results in a clash. If the child had first displayed anger, this could have been overcome by self-

control, kindness and love on the part of the parent.

The Law of Influence If you want to arouse a desirable feeling, sentiment, emotion or conviction in another, you must be controlled by that mental and moral state and allow it to emanate from you. If you are controlled by an undesirable thought or feeling, others must have enough self-control to resist your influence, or they will be controlled by a similar mental state. Thus we see that unless parents exercise judgment and self-control they will often use methods that are unwise and harmful.

Defects In Homes and Schools One of the saddest defects in our home training and our system of education is that when a child reaches maturity in the home or graduates from a high school or college, he knows more about many things than he does about himself and the essentials of home building. How to analyze, study, know and control one's self; how to understand, train and govern children would be of far greater value in the education of young men and women than many departments of study we now emphasize.

The Function of the Home

The children are in the home for the primary purpose of being developed into ideal men and women. To accomplish this end is the mission of parents. To do this effectively, parents must possess high ideals. These ideals include such training and education as will lead to a strong and healthy body, a keen and well-trained intellect, a moral and religious character and an abiding faith in God.

Physical Training

The physical, mental and moral natures are intimately and vitally related. One influences each of the other two. The physical health and strength of a child hinders or helps the mental and moral life. The proper time to overcome the weakness of any physical function, or inherited physical defects is in childhood. This is done by proper diet, hygienic living, bathing, exercise and rest. Improperly prepared and too much food is the chief cause of indigestion in infants and a leading cause of indigestion in childhood. The kind of food used affects the mind and character of the child. Too

much candy, rich pastries and meat are not good for a child, or grown people, either.

**Use of
Medicine**

One hundred million dollars (\$100,000,000) are spent annually on patent medicine and fully that much or more on mineral drugs. We are not animals. We do not know how to live. Few men would be willing to give a lawyer ten dollars to keep them out of trouble, but they will give all that they have to get out of trouble. Few would give ten dollars to a doctor for preventive advice, but they will pay a doctor all they possess for a cure. Oliver Wendell Holmes had a custom of saying, "If all the drugs of the world were thrown into the sea, it would be a blessing to humanity, but a curse to the fish." Children should be kept healthy by hygienic living.

**Condiments,
Coffee,
Tobacco,
etc.**

Condiments, tea, coffee and tobacco are not foods—they stimulate—they do not strengthen; they create unnatural appetites and inflame the passions. No one would drink tea or coffee were it not for the tannin and caffeine contained in them. If these drugs were re-

moved, these drinks would be no more tempting than a cup of warm water. Most people who use these drinks would consider it a sin to go to a drug store, buy some pure tannin or caffeine, dilute it with water, sweeten it with sugar and drink it.

**The
Tobacco
Habit**

The use of tobacco creates a demand for something stronger. It paves the way for the whisky habit. Drunkenness is largely due to a pathological physical condition. Remove the causes and it will do more to check drunkenness than all the legislation that can be secured in the next century.

**Mental
Training**

The mental training of children is very largely committed to school and college teachers. Parents should take a very intense interest in the child's education. They should study the talents and discover and strengthen the weaker faculties of the child. Most children get their minds "stuffed" with unassimilated facts. Nothing is clear to them. They do not remember what they have learned. They can not reason logically. Parents as well as teachers can largely prevent this. From the earliest

period the child should be trained to take a personal interest in knowing things—be taught to think. Encourage a child to ask questions. If he asks questions which he should understand, have him answer them and give his reasons for the answer. In some cases ask him questions that will suggest an answer. Getting a child started right is the more important half of his education. He will look after the other half.

Babies Made Bad Good babies are made bad by receiving too much attention. The baby should not be lifted from the cradle, fondled and coddled, kissed and talked to, simply because it gurgles or makes an innocent attempt to be noticed. This is needless attention. At first it is disagreeable to the child. Later a demand is created and the child is spoiled. If left alone babies would entertain themselves much of the time.

Let Baby Alone When a baby is learning to crawl and walk, observe the "let alone" policy as much as possible. Keep an eye on the child to see that it does not get hurt. What you do not want it to have, put out of its reach. It should be safeguarded from

places of danger. If these precautions are taken, you will be saved the excuse for that endless round of "don't get hurt," "don't touch that," "don't do that," etc. By these endless "don'ts" children are taught disobedience. If the child falls, unless it is hurt, do not run and pick it up. Let it alone; it will get up. In this way you teach it to be independent and self-reliant. If you run and pick it up, the child gets the idea that you were to blame. Later, when it falls, it screams, cries and gets angry. Perhaps you hit the object and teach the child that the object over which it fell was at fault. This is deception and has a bad effect.

**Should
Have Some-
thing to Do**

Teach the child to dress itself, to take off and put on its shoes and stockings. It should have a special place to put these, on retiring. It should have a drawer or a room where it can put its individual belongings. This teaches the child the idea of responsibility.

**Parents
Should
Agree**

There should be a perfect agreement between parents, with respect to the government in the home. Where parents disagree children lose all respect for

parental authority. Differences should be discussed by parents only when the children are not present.

Punishment in the Home Whipping, slapping and cuffing are relics of savagery. Whipping should never be resorted to except in extreme cases. It is not the natural consequence of disobedience. It never appeals to a child's sense of justice. Punishment should always be natural and consistent with justice. Some examples will illustrate these principles, as follows: A child is called to breakfast—it does not come. Stubbornness or disobedience is the cause. What should be a natural punishment? Scolding, slapping, jerking the child up and forcing it to the table? No; there is no logical connection. The punishment should consist in the child's doing without its breakfast. This should be explained to the child. A boy loses his toy. Should he be pitied and another bought for him? Certainly not. Should he be whipped? This would not be natural. He simply goes without his toy until he finds it. A boy steals some object. Should he be whipped? No. His attention should be called to the nature

of his sin. He should be compelled, if necessary, to return the stolen object and confess his wrong. The deep sense of humiliation is the natural punishment. Let him feel the full force of it. A boy uses tobacco. Should he be whipped? Certainly not, as long as his teacher, the family doctor, the minister and the father use it. No child on earth could see any connection between the wrong and the punishment. What should be done? Nine times out of ten under present conditions the boy will use tobacco in spite of all that a mother can do. So long as doctors, teachers, ministers and fathers use tobacco, legislation against the cigarette will increase our youthful criminals. If a father has a moral right to use tobacco, so has his boy. If the boy can be led to see clearly that the use of tobacco is wrong, if his conscience can be awakened, and if his personal will can be brought to constantly oppose the use of it, then he can be saved. *This is the only remedy.*

**Study the
Offense**

Find the natural consequence.
Become for your child an example of obedience to every law. Show the

child the results of wrong living and the benefits of right living. This will usually obviate all punishment, aside from what nature inflicts.

Corporal Punishment If corporal punishment be unavoidable, it should not be administered when either parent or child is angry. This would only increase the cause that made the punishment necessary. In most cases it would be best to postpone the punishment until the next day. Only a very rebellious child can be helped by this method.

Scolding and Threatening From a hotel window I heard a mother say to her twelve-year-old girl, "I will gouge your eyes out." "I will slap your head off, you little hussy." A child treated in this way becomes willful or spiteful, loses self-respect or respect for the parent. Scolding and threatening children are sins against their finer natures.

Three Good Rules The author's father would not employ men on his farm without the understanding that they were not to swear, speak vulgarly about a woman, or tell a "ghost" or "bugaboo" story in the presence of his children. A servant, man or woman,

about your business or home, can undo or counteract in a few hours or days, in a single statement or story, picture or book, act or habit, the life efforts of a noble father and a pure mother. One of the purest men recently said to me, "When I was only fifteen years of age I heard a servant utter one sentence that required a score of years to get its effects eradicated." Men have told me of the pernicious effects of servants, dating back to when they were two and three years old.

**Bad Hered-
ity and En-
vironment** Frightful stories and startling statements of impending dangers destroy the natural freedom, independence and courage of many children for life. Once I sat by the side of a nervous mother holding a nervous four-year-old girl in her lap, as our train sped forward at the rate of fifty miles an hour, over one of those magnificent stretches on a western prairie. We had discussed heredity, child training and other interesting and vital subjects, when she referred to her nervous little girl and told me how at night she would notice her little body twitching, jerking, floundering and all at once she would awake with a scream, having

dreamed that she was falling from some dizzy height toward jagged rocks and certain death; or that some huge angry beast was poised on tiptoes and in the act of pouncing upon her and tearing her body into shreds—a horrible nightmare. About the time she had finished describing one of those fearful experiences and was in the act of asking me for advice, we were passing an object on the outside that interested the little girl. Quickly she turned and began peering through the window. She was in no danger. Her head was not projected beyond the window. The nervous mother grabbed the little girl by the body and cried, “You are falling! You are falling!” My reply to her request for advice was, “My! if you should handle me that way, I would have a half dozen nightmares here in open daylight.” I told that mother that her daughter’s nervousness was due to bad heredity and bad environment and that she was responsible for both.

Personal Purity As soon as a child begins to inquire about its origin, it is old enough to be told the truth in the right way.

Some children become interested when they are three and four, all normal children by the time they are seven. Since the inquiring mind will not rest satisfied until a plausible answer has been received, and since the ignorant and vicious youth is ever alert and anxious to give this information in a pernicious way, it behooves thoughtful parents to safeguard their children with the truth told in the right way. No normal boy should reach the age of eight, or girl the age of ten, before they have been told the story of life.

**Children
in Danger**

Children often discover, or are taught, the secret vice at a very early age. Sex consciousness and pleasure may be early developed because of some unnatural conditions of the sex organs. For this reason, parents should know that these parts are normal in their children. When children are observed to frequently handle, or scratch these organs, unnatural conditions should be suspected. The child should not be slapped or scolded; rather, call in the family physician. To keep a child ignorant concerning this vice is impossible. There is not one boy in fifty who does not know of

the vice, and understand the language used to describe it. Trying to keep a child from vicious companions is good as far as it goes, but the facts are that the child is most likely to discover the vice himself, while it is hardly possible to keep a child entirely away from the vicious.

**Children
Should Be
Taught** The only sane method is to teach the child the laws of personal purity. If the secret vice is to be prevented, some children should receive counsel when they are six, others at eight, all by the time they are ten or twelve. Children have inherited lustful tendencies. Their troubles are more largely from within than from without. Hence the children that have been most carefully guarded from bad company and kept in ignorance are usually the ones who are most injured by the secret sin. A single talk to a child is not sufficient. We frequently instruct and appeal to the child to be obedient, truthful and honest; in like manner we should at reasonable periods instruct and encourage him to keep his thoughts and desires pure.

CHAPTER XIX

HOME COUNSEL

Parents' Responsibility

Parents should strive to realize the infinite importance of the home training of children. The education there received is woven with the woof of childhood and clings close to life. It is then that the mind is first open to impressions. The first things dwell in memory. The first joy, the first misadventure, the first achievement, paint the foreground of life. How shall parents utilize their great opportunity?

Love, Sympathy and Encouragement

Let us say to all parents that if you love the boys and girls playing around your house, whose lives are unfolding before you, and you desire to see them grow into strong and forceful men and women, your love, sympathy and encouragement must be centered upon them. The liquid metal of life, if set to the lines of the vessel into which it is poured more

certainly than does the character of your children set to the influences you throw around them, teaching by loving precept and personal example. Let this thought dwell with parents: Am I living before my children the life I would have them live? Do I, with loving solicitude, speaking from the experiences of life, freely give them tender counsel and words of cheer?

Building a Character How shall parents help their children become strong in character?

No real and lasting success can be won unless children, in some way, become such men and women. Indirect counsel can be given that is of great importance, but ever remember that it is the listening ear, the sympathetic heart, the word fitly spoken, and above all the power of example that is most helpful. It is the subtle power of influence that is urged.

Character—Reputation Character is within; reputation is without. Character is always real; reputation may be false. Character is substantial and enduring; reputation may be vapory and fleeting. Character is at home; reputation is abroad. Character is in a man's

own soul; reputation is in the minds of others. Character is the solid food of life; reputation is the dessert. Character is what gives a man value in his own eyes; reputation is what he is valued at in the eyes of others. Character is his real worth; reputation is his market price. *A good character*, then, is the first object of interest to everyone that desires a good name.

A Good Name Who can measure the value of a good name, based on a noble character? Who shall repair it, if injured? Who can redeem it, if lost? Without it, gold has no value; birth, no distinction; station, no dignity; beauty, no charm; age, no reverence. Without it, wealth impoverishes; grace deforms; dignity degrades.

The legacy of a good name is beyond value. Rich is the inheritance it leaves; precious is the hope it inspires.

My Good Name "A name is rather to be desired than riches, and loving favor is better than silver and gold."—Prov. 22:1. He who loses the name of my property, takes what cannot be repaired by time and opportunity; but he who loses the name can repair the ruin.

of a good name? He who maims my body, injures that which may be healed; but what or who can heal the wounds of slander? He who ridicules my poverty, upbraids me with that which industry may retrieve; what wealth can redeem the bankrupt character?

Basis of a Good Name A business man who always meets his financial obligations is said to have a good name, and yet his character may be corrupt. A good name, when used in a moral sense, is based upon *character*. A man with a perfect character may not, for a time at least, have a good name among his fellows. But such cases are exceptions, and come about through some misunderstanding. A good name and a pure character are two halves of the same thing. To have a good name that will stand the test when worlds are on fire, one must have an uncorrupted nature—a pure, noble character. To seek a good name without building upon character is to build upon the sand. Character first, reputation second.

Fame “Fame is an undertaker that pays but little attention to the living, but he fur-

nishes out their funerals and follows them to the grave."

The meaning of the word *fame* may be seen from its opposite, *infamous*. That is, one may be utterly without fame. If fame implies only notoriety, then infamous would imply only one without notoriety. But infamous means *having an odious reputation*—a positive, not a negative meaning.

Socrates said: "Fame is a perfume of heroic deeds." Shakespeare's words are: "He lives in fame who died in virtue's cause."

The Making of Character All life is a season of character-growing. We are left in this world, not so much for what we may do here, for the things we may make, as that we ourselves may grow into the beauty of God's thought for us. In the midst of all our occupations and struggles, all our doing of tasks, all our longings and desires, all our experiences of every kind, there is a work going on in us which is quite as important as anything we are doing with our mind or with our hands.

In the school the boy has his tasks and lessons. According as he is diligent or indolent is his progress in his studies. In ten years, if he is faithful, he masters many things and stands high in his class. Or, if he is indifferent and careless, he gets only a smattering of knowledge, with so many links missing that his education is of little practical use to him. But meanwhile there has been going on in him another education—a growth or development of character. The mind grows by exercise, just as the body does. Each lesson learned adds its new fact to the measure of knowledge; but there is, besides, an effect produced upon the mind itself by the effort to learn. It grows by exercise.

Better far, form that reform character.

**Elements
of Success**

All thoughtful parents recognize that there are certain traits of character that must be cultivated if success is to be gained. These vital traits of character need not be enumerated here, or formal instructions concerning them given. Perseverance, energy, concentration, are illustrative of what is meant. Occasions for impressing the lesson, for imparting the sugges-

tion that sets the mind forward in the right direction, are constantly at hand. Fathers and mothers do not realize that a great help they can be to their children in this matter. Impress on them that all that stands for real success in life can be won only as right traits of character are practiced.

**When Does
Child
Training
Begin?**

Do not imagine that the training of baby is something that begins two or three years hence. Whether you realize it or not, the child will never learn faster than during the first three years of life. How shall parents take advantage of this fact and assist the little one to develop those useful traits of character that are helpful in after life? In a flower lie hidden the beautiful possibilities of calyx and corolla that have been our teachers in the story of life. Just so, hidden in the soul of the child are untold possibilities of manhood and womanhood. The instant life begins to stir in the seed, forces are at work that will result in the flower that delights us; almost with the first cry, unseen forces begin to shape the growth of various traits of character which will influence after life.

**Childhood
Plays**

Education means to draw out, to train, to develop. Parents are co-workers with nature in the education of a child. It is theirs to assist and direct in developing traits of character that will round out and complete manhood and womanhood. But nature is at work in this direction just as surely as she is developing body and mind. Nature sets little animals and children playing, and that is the way she educates them. She sets little girls playing with dolls; the traits of tender motherhood are being nurtured in such plays. Little boys (and girls, too) are playing with blocks, making houses, churches and forts; nature is fitting them to be the architects, inventors and engineers of the future.

**Parent's
Responsi-
bility**

And so of late years parents have been made to realize that it is their duty to assist nature in the plays of childhood. From a different angle—a different way of looking at things—we discover a wonderfully pleasing fact in regard to fond mother plays with baby. Nature (why not say God?) has so constituted the mother's heart that she instinctively makes herself nature's first assistant. Mothers everywhere and at all times

have played many little, foolish, fumbling games with their babies. They never dreamed that anything of importance was connected with their efforts. If they thought about it at all, they thought of it as simply an outburst of mother love. It is more than that. The little one is taking its first lesson in trust and confidence, its first lesson in self-discovery. He is a person; a separate individual; he has a part to do in life.

A Message to Mothers The latest message to mothers, drawn from the writing of serious-minded men and women, is to consciously make use of these baby games. Every mother knows many of them. Her heart is her teacher in this matter. Play them with baby. It is impossible to go into details. Every one of such games is seized upon by nature to nourish the growth of some dawning faculty. Make a study of this subject, then give free rein to your heart's desire. Thus a mother's love will accomplish the same miracle that sunshine and moisture work in the life of the seed, and faint beginning will be made in the development of traits of character as necessary to a complete life as color and fragrance are to the flower we admire.

Kindergarten Plays With every passing year, the importance of play and the necessity of parental watchfulness increases. Not until the serious affairs of life claim the children does the duty of parents in this matter end. In a very short time baby plays cease, and the stage of kindergarten plays comes on. Boys and girls are playing with blocks, but already their plays begin to diverge. Boys are interested more in kites, marbles and toy engines; little girls prefer playing with dolls and keeping house. In each case nature is using these games to further her own ends, to develop many useful traits of character.

The children can not build a house with these blocks without giving it attention. What is that but a lesson in concentration? They have some difficulties to overcome; they have to use some little inventive skill. Who can tell the ultimate development of that faculty? Their sense of proportion is developed and their artistic sense is brought into play. Imagination is at work. The little girl that builds a house delights to explain that a "little girl lives in that house and she is waiting for her papa." Who knows to what triumph in home building this imaginative faculty may win in after life?

What Parents Can Do Do not be in too great a hurry to assist children in building their block houses. Let them work out their own ideas. How many of us find it difficult to give form to ideas that we dimly picture in our minds? The highest triumph of education is to enable us to give expression by word of mouth, or with pen, or by work of our hands, to mental pictures. Let the little ones struggle through this work. But it is yours to show an interest in their work. Do not make the lesson too easy for them. Lessons in school made easy are not often of great value. But it is your duty to show an interest in their plays. Nothing chills our enthusiasm more than to have others, whose opinions we respect, treat our efforts with cold disdain or chilling indifference, as if it were nothing of value. Children at play are doing what is to them of real importance. Take an interest in their productions. Make the most of your privilege, for from this point on the plays of your children will widen beyond home surroundings.

Play and Character The time soon comes when boys and girls seek the companionship of other children. Their games are becoming

more complex even as the current of their young lives is swinging out in widening circles. They are playing with other children in houses, yards and on school grounds. At any rate their plays are passing beyond your immediate control. The children are now entering nature's more advanced classes. Games that can not be properly played without the assistance of others are strengthening those traits of character that make for the higher things of life. Those that take part in such games must give other players a "square deal" or they lose the respect of their playmates. Let parents be quick to emphasize this lesson of nature and train their children to play all such games fairly.

Living with Your Children Playing with your children is but a part of that greater sphere of parents' duty expressed by saying you should live with your children. In the ordinary use of the words, you are indeed living with them in your daily life, but you are separated from them by the experience of years. If you are to exert the influence over your children that your hearts desire, you must some way so reverse the current of your mature thoughts that in your sympathies and feelings you can in-

deed live with them. So live that your little child can feel, as he romps and plays, cries and sings, struggles with difficulties through childhood, that he is sure of loving and appreciative sympathy from father and mother. Parents, you must fit yourselves for this sympathetic attitude, for your child can not come up to your attitude and it is necessary that you live together on the plane of childhood.

Childish Questions Mental sympathy is needed. Early childhood may be called the question asking period of life. Parents traversed that period long ago. They have learned much by education and the experiences of life. The little travelers are just starting on their journey. Before them is an unknown world. There is so much that it is necessary to know that nature makes curiosity the great incentive to action. She sends the youthful seeker to parents, friends, and companions for aid. The days begin and end with question marks. How many parents live with their children through these years of eager quest? We have considered the sex field, the mysteries of which so soon attract the eager curiosity of children; we have shown how vitally necessary it is to satisfy that curiosity.

But that is not the only department of life and nature, concerning which parents should live with their children and satisfy childhood questions.

The Child's World To the child every day is one of discovery, of exploration in new fields. The rising and setting sun, the changing moon that shines by night, the round of seasons, summer flowers and winter snow, singing birds and ripening fruits—are all items of mysterious knowledge about which he must be informed. If his eager questions go unanswered, the little seeker ventures forth on the uncertain sea of speculation. Parents, are you trying to live with your children through these years of seeking? It may all be plain to you; it is dark mystery to the children. Their outlook on life may be greatly influenced by your treatment of their questions. Why not live with them, sympathize with them, and satisfy their reasonable curiosity? By so doing you may set their minds aright and not only satisfy their curiosity, but incline their hearts to see in the manifold processes of nature the outworking of nature's God.

**Parents
Living
Example**

Parents are indeed living with their children in a sense, the meaning of which they do not realize. All the words of parental advice, though coming from the heart, all the helpful influence of church and Sunday school, do not have weight against the influence of the life that parents live with their children. What is the value of advice touching self-control if parents do not themselves exemplify it? So of all exhortations concerning the higher thought of life. They are as water in a sieve if the life you live with your children does not filter them out.

**The
Unspoken
Suggestion**

We are noting much of suggestion that comes to us every day, which, we may say, is the response to commands that come to us. And these commands are not always, or even often, by some one else. We laugh when our children are laughing; we weep with them. When they yawn, we also yawn; even the table set for a meal makes us hungry. The mother's smile is answered by her little one, just as her cheerful singing brings out a gurgling coo. If parents are happy, brave and optimistic, so are the children; if parents are gloomy, morose and fault finding, such the children become. You

that are parents should realize this and give your children the tonic of helpful actions as well as words of advice. The very surroundings of children are sending out helpful suggestions or the reverse. For this reason make, as far as possible, the home surroundings pleasant.

Influence of Associates When will parents awake to the necessity of guarding their children in choice of associates? They plan and labor that the physical needs of their children—raiment, food and shelter—shall be met, they provide for their education, they throw around them the influence of church and Sunday school, but then, with strange short-sightedness, they leave unprotected a line of approach whereby the forces of evil can enter the citadel of the heart and their loving care and labor ends in failure.

The Two Paths Oh, the possibilities wrapped up in young manhood or womanhood! Possibilities for good as high as the heavens; possibilities for evil as deep as demons can make them. Two young persons may start out on life's journey with abso-

lutely the same or equal chances; that is, so far as outward appearances can tell us. Yet the journey's end may be as far asunder as the east is from the west.

All this difference may rest—and in many cases does so rest—in the companionships selected by either. True, the choice of companions may, and possibly does, have its origin in the inner character of the individual.

Love the Culpable and Die With the Criminal "A man is known by the company he keeps," is an old adage. "Persons who walk much with the lame learn instinctively to walk with a hitch or limp like their lame friends."

One may be ever so pure, if he associate with bad companions he will fall into bad odor. Listen! He who loves to laugh at folly, is himself a fool.

If one would rather take the lowest seat among the good than the highest seat among the profane and vulgar, he has already started on the high road to virtue and success.

Choice of Friends Be careful in choosing associates and slow to change them, if of the right character. Friends should not be

like old clothes, which, when we have worn threadbare, we cast off and call for new. One who often changes his friendships never has any warm friends.

Without Wax Many people who subscribe themselves in their letters "your sincere friend," are not acquainted with what may seem the odd derivation of the adjective *sincere*. It is from two Latin words, *sine*, without, and *cera*, wax. What such a derivation can have to do with the virtue of sincerity is rather puzzling when we first think of it, but after reflecting that one of the meanings of sincerity is *purity*, and that honey from which all the wax has been strained is called *pure* honey, we seem to have rather more light on the subject. A friend whose regard for us is pure, or, to use a more suitable word, is genuine, is a friend who may be trusted. Such friends make no professions that they do not mean.

Deceptive Appearance There are persons of apparently decent morals, of polished manners and interesting talents, but who, at the same time, are unprincipled and wicked, who make light of sacred things, scoff at religion,

and deride the suggestions and scruples of a tender conscience as superstition—these are the persons whose society and influence are most to be feared. Their breath is pollution; their embrace, death. Unhappily there are many of this description. They mark out their unwary victims; they gradually draw them into their toils; they strike the deadly fang, infuse the poison, and exult to see youthful virtue and parental hope wither and expire under their ruffian example.

**Mental
Associates**

Books are our mental associates, and the duty of parental oversight, loving counsel and wise guidance is as imperatively demanded in this matter as in the case of physical associates. Our outward life and conduct conforms to our inward mental states, which in turn are inevitably shaped by our reading. All the life and feeling of a young girl fascinated by some glowing love romance is colored and shaped by the page she reads. If it is false and weak and foolish, she becomes false and weak and foolish, too; but if it is true and tender and inspiring, then something of its truth and tenderness and inspiration will grow into her

soul, and will become a part of her very self. The boy who reads of deeds of manliness, of bravery and noble doing, feels the spirit of emulation grow within him, and the seed is planted which will bring forth fruit of heroic endeavor and exalted life.

**Choice
of Books**

Some books we should make our constant companions and associates; others we should receive only as occasional acquaintances and visitors. Some we should take with us wherever we go; others we should leave behind us forever. Some, of gilded outsides, are full of depravity, and we should shun them as we would the actual vices which they represent. Some books we should keep in our hands and lay on our hearts, while the best way we could dispose of others would be to throw them in the fire.

Bad Books One-half of the youth in our prisons and houses of correction started on their evil careers by reading bad books, or at best, worthless novels. These books are the nicotine and alcohol of literature; they poison, and burn, and blast the head and heart as surely as their cousins do the stomach.

Perhaps we have all heard the story of Garfield when a boy. By reading *The Pirates' Own Book*, he was, for a time, determined to go to sea. It took all the power of will of his good mother to persuade the fatherless boy to stay on land. But many another lad, who had no good mother to direct his path, read that same book, or others like it, and went to ruin.

**Ruined by
Bad Books** An eighteen-year-old girl living in Elgin, Ill., suspected of being the writer of threatening letters received by David C. Cook, the Sunday-school literature publisher, and other persons of that city, on being arrested and tried, confessed that it had been the reading of bad books that led her into crime, and that she herself was alone responsible for the threats to blow up people and property if money was not forthcoming. No one can estimate the amount of crime and lawlessness that is directly traceable to the dime novel and other pernicious literature.

**Bad
Pictures** Bad reading burns deeper than does filthy conversation, and bad pictures, perhaps, make deeper scars than

do bad books. Both burn very deeply into the souls of boys and girls, young men and young women.

Dr. Leonard, a leading divine in the United States, tells of the dreadful effects of foul pictures shown him by a German shoemaker, when a boy. Dr. Leonard, like thousands of other pure men, would give his good right arm if these vile pictures could be forgotten.

Self-Control Self-control is the basis of all the virtues. No real success can be won if it be lacking. In this matter parents must teach mainly by example.

Too often self-control is made to mean only the control of angry passions, but that is simply one form of self-control; in another—a higher and more complete sense—it means the control over all the passions, appetites, and impulses. True wisdom ever seeks to restrain one from blindly following his own impulses and appetites.

Virtue has its roots in the ability and disposition to govern one's self. In the absence of self-control, we have the drunkard, the libertine, the debased. The loftiest freedom

is the result of perfect self-control; passions and impulses unbridled bind with the strongest chains.

Words That Sting James says: "If any man offend not in word, the same is a perfect man, and able also to bridle the whole body." Also, "The tongue is a fire, a world of iniquity, * * * and setteth on fire the course of nature; and is set on fire of hell."

These are the words of another: "Heaven, keep us from the destroying power of words! There are words that sever hearts more than do sharp swords; there are words the point of which sting the heart through the course of a whole life."

Strong Drink Through the testimony of an English writer, we learn that a large per cent. of the noted English writers of the sixteenth and seventeenth centuries were bound by the chains of intemperance.

Some of the noblest men of our own America have been wrecked in character, fortune and fame by the awful power of strong drink.

Lack of Self-Control The habit of strong drink arises from the lack of self-control.

The lack of power to control one's self may not lie in the original character of the individual. That is to say, it may not be an inherent weakness of the character. But those nerves of ours may be so trained, humored, abused or injured by the use of narcotics in the form of alcohol or opiates, that it is not in the power of the will to control them in their demands.

Where the Real Danger Lies

All men may easily control themselves, if they have complete command of their nerve powers. The danger, then, lies in the loss of control of the nervous system, which, of course, includes the brain fiber.

To put it in another way, a child that is permitted to have its own way; that is, not held in restraint, in time becomes master over his parents.

The nerve forces of the body are to be controlled. It is possible, as millions of drunkards and opium eaters can testify, for the nerves to become uncontrollable.

**Total
Abstinence**

Herein lies the wisdom of total abstinence from all narcotic poisons. We may be strong in our young manhood, and fear no evil. But is there any prophet that can foretell which shall ultimately be the master, the individual will or the appetites made fierce through self-indulgence?

**Sexual
Passions**

All that has been said in the preceding paragraphs holds good also in the other passions of the body. Which shall be master? If the passions have been indulged, if the nerve fiber has been wasted by improper use, the passions can not properly be controlled.

Habit Habit is man's best friend or worst enemy. It can exalt him to the highest pinnacle of virtue, honor or happiness, or sink him to the lowest depths of vice, shame and misery. Youth is the habit-forming age of life. Parents should most anxiously study the conduct of their children to understand the habits they are forming. The first act is as a spider's thread; it grows in strength with every repetition; it becomes

a strand of marvelous strength, controlling for good or ill all after life.

**Nerve Cen-
ters of the
Brain** It is well known to physiologists that the brain has departments. Each department has its specific work to do. Each faculty of the mind and organ of the body has its own nerve center in the brain.

Carefully remove the cerebellum, without injury to the cerebrum, from a live bird, and it can still see, think, hear and move its head and body, but can neither fly nor walk. It has lost its power of locomotion.

Remove the cerebrum without disturbing the cerebellum, and the bird can walk and fly, but knows no more of what is going on around it than does a tree.

**Injured
Brain** If any part of the brain of man be injured or removed, the mental or physical powers having their nerve centers in the injured part will be affected.

The cause of loss or gain of power over special organs lies in the injury or growth of the brain-cells governing these parts.

**Brain De-
velopment** Another law is that if any organ of the brain or body be used properly, it will grow in vitality and power; if not used, it will lose what power it had.

**The Law
of Habit**

The preacher can easily prepare and deliver his sermon; the lawyer, his brief and plea. Reverse the order. Each will find it many fold more difficult, were the lawyer to prepare and deliver the sermon, the preacher the plea to the jury.

I start for the post office; I have the choice of two routes. I have been in the habit of going one way; circumstances make it necessary for me to go by the other route. It requires an effort of the will for me to do so. Each time *habit* persistently pulls me the other way. That is to say, *habit has a physiological and a psychological basis.*

**Force
of Habit**

Habit may make such a well-beaten path that it may become almost impossible for the will to change a course of action or life. This is the fundamental reason why old people seldom change their politics, religion or method of life. The very nerve fibre of their bodies has been wrought into their mental and moral being.

Whether the road of habit leads upward or downward, it makes no difference; the law of habit works the same.

Carlyle Says: "Habit is the deepest law of human nature. It is our supreme strength, if also, in certain circumstances, our miserablest weakness. Let me go once, scanning my way with any earnestness of outlook and successfully arriving, my footsteps are an invitation to me to go the second time the same way; it is easier than any other way. Habit is our primal fundamental law—habit and imitation; there is nothing more perennial in us than those two. They are the source of all working and all apprenticeship, of all practice and all learning in the world."

Habits Formed in Early Life Our real strength in life depends upon habits formed in early life. The young man who sows his wild oats and indulges in the social cup, is fastening chains upon himself that never can be broken. The innocent youth by solitary practice of self-abuse will fasten upon himself a habit which will wreck his physical constitution and bring suffering and misery and ruin. Young man and young woman, beware of bad habits formed in early life.

Good Habits How essential to live a well-regulated life and cultivate the best qualities!

"There, that's the thing to do; go and do it."
Punctuality: without which much time is lost and others are disappointed. *Accuracy*: without this great and serious mistakes are made which prove most hurtful and injurious to society. *Steadiness*: without this things are hurried over and nothing is done properly. *Promptitude*: without this opportunities of great importance are lost, which can never be recalled. *Habits* are the very life-blood of our existence. We may remove many things; we can cast off old clothes, leave an unhealthy house or neighborhood and forsake a disagreeable companion, but we can not so easily cast off old habits. They cling to us through life and affect our state in another world.

of Youth
The Ideals

Parents can not be too solicitous as to the ideals their children are forming. Lofty ideals tend to advance their holders; low and sordid ones to draw down. What are the ideals of your boy or girl? It is yours to guide this wonderful power and see that your children are forming uplifting ideals; if so, they are to be encouraged. A pebble placed in a streamlet at its source may

turn the course of a river. A life shaping itself to a lofty ideal may be turned from its purpose by careless words, spoken by those that have the guidance of youth.

Choosing a Vocation Encourage him to choose a vocation that will require the exercise of his strongest qualities, not of his weakest. Bid him choose that which will call out his individuality, his higher self, his originality; that will make him self-reliant and manly, and will give him a dignified, not a questionable, standing in the community. Teach him that the purpose that he carries into his vocation ennobles it. Whatever career he undertakes has its higher and lower planes of purpose. The higher planes, only, tend to real, enduring, lasting success. It is your part to help him choose not only his vocation but those higher aspects of it that lead to true success.

Right Thought One can not live a pure life if he constantly indulges in impure thoughts. The power of thought is equally marked in other directions as well. Success in life is always accompanied by pure, sane, and uplifting thoughts. Even the health of

the body is controlled in no little degree by inward thoughts. Teach this great lesson to children—stand porter at the gates of thought. Allow entrance only to those that are pure, uplifting, sane and productive. Teach them that healthy thoughts are as essential to healthy bodies as pure thoughts to a clean life. Anxious, depressing thoughts quickly demoralize the whole body and lay it open to disease; while impure thoughts, even if not physically indulged, will soon shatter the nervous system.

**Thought
Influences
Life**

Act is the blossom of thought, and joy and suffering are its fruits. Everyone is where he is by the law of his being; the thoughts which he has built into his character have brought him there. The world is a kaleidoscope, and the varying combinations of colors that it presents to you at every succeeding moment are the exquisitely adjusted pictures of your ever-moving thoughts. Thought allied fearlessly to purpose becomes a creative force. He who knows this becomes a man of strength, a conscious and intelligent wielder of mental power.

**Thoughts
and
Character** Let children be taught the power of thoughts held in the mind to influence character. Sick thoughts are the natural atmosphere of disease; crimes thrive in the miasma of the mind. Let children be taught that cheerful, optimistic, loving thoughts serve as a mental magnet to draw what is pleasant and desirable out of life. Bid them think of things pure and lovely and of good report; of God and of heaven; of home and life and duty. Their thoughts being thus elevating and inspiring, their lives will be full of good deeds and pleasant memories.

**Home
Sunshine** Many a child goes astray, not because there is a want of prayers or virtue at home, but simply because home lacks sunshine. A child needs smiles as much as flowers need sunbeams. Parents do not think how far a word of praise will oftentimes go with children. Praise is sunshine to a child, and there is no child that does not need it. It is the high reward of one's struggle to do right. Many a child hungers for commendation and, starving for the praise that parents should bestow, runs after the designing flattery of others.

**Parental
Love**

The sun accomplishes miracles in the plant world, while the frost nips and destroys. Love is the sun of home and draws out and encourages the aspirations of youth; harshness is the nipping frost that destroys high resolves. Children must have love inside the home, and fresh air and play and companionship outside; otherwise, young life runs the danger of withering and growing stunted or, at best, prematurely old and turned inward on itself.

**Make Home
Pleasant**

Parents, within your means, the obligation rests upon you to make home the pleasantest spot on earth for your children; to make the word "home" synonymous with happiness. As far as possible, provide your home with those innocent amusements that if not found there will entice your children elsewhere. In the great majority of cases it will be found that the frequenters of saloons and places of low resort have not had pleasant homes. Do you see wherein your duty lies? The craving for amusement is a natural one and within proper bounds it ought to be gratified.

Win Your Children's Confidence Never think anything that affects the happiness of your children too small a matter to claim your attention. Use every means in your power to win and retain their confidence. Soothe and quiet the little heart of your child after the experiences of the day. It has had its disappointments and trials, as well as its plays and pleasures; it is ready to throw its arms around its mother's neck, and, forgetting the one, live again the other. Always send the little child to bed happy. Whatever cares may trouble your mind, give the little one a good-night kiss as it goes to its pillow. The memory of this in the stormy years that may be in store for it, will be like stars breaking through the clouds to bewildered mariners and serve to set their course aright.

Practical Education A knowledge of the world is more than necessary to enable us to live in it wisely, and this knowledge should commence in the nursery. One can not tell what duties one's children may be called to perform in after years. Educate them for possible duties that the world will require of them when they shall have arrived

at the years of maturity. Educate the girl for the cares of wifehood and motherhood and to the position that she will probably be called to fill in society; teach her that it rests with herself whether it shall be exalted or whether it shall be debased and lowly. Educate the boy to a knowledge of what the busy world will require of him; teach him self-reliance and all manly attributes.

Love of the Beautiful Teach little children to love the beautiful. If able to do so, give them a corner in the garden for flowers, and allow them to have their favorite trees. Teach them to wander in the prettiest wood-lets, show them where they can view best the sunset. If possible, buy them pictures and encourage them to decorate their rooms in their childish way. Thus parents may weave into the lives of their children thoughts and feelings, rich, beautiful and grand, which will make all of after life brighter and better.

Life, a Battle Above all, teach children what life is. It is not simply breathing and moving. Life is a battle, and all thoughtful people see it so—a battle between good and evil from childhood, good in-

fluences drawing us up towards the Divine, bad influences drawing us down to the brute. Teach children that they live two lives, the life without and the life within; that the inside must be pure in the sight of God, as well as the outside pure in the sight of man. Educate them to love the good and true, and remember that every word spoken within the hearing of little children tends toward the formation of character.

**Childhood
Fleeting**

How fleeting are the happiness and innocent joys of childhood! The years as they come bring with them intelligence and experience; but they take with them in their resistless course the innocent pleasures of childhood's years. Then deal gently, patiently and kindly with children. You may be nearly over the rough pathway of life yourself; make the only time of life that they can call happy as pleasant as possible. Children stride rapidly forward in the career of life, while parents fall slowly back. Children soon begin to view parents in the light of memory; to look upon others in the light of hope.

**When
Children
Are Gone** **They will not trouble you long.**
Nothing on earth grows as fast as children. Yesterday that lad was playing with tops, a buoyant boy; he is a man now. There is no more childhood for him or for us. Life has claimed him. When a beginning is made, it is like a ravelling stocking—stitch by stitch gives way till all are gone. The house has not a child left in it; there is no more noise in the hall; no boys rush in pell-mell; it is very orderly now. There are no more skates or sleds, bats, balls, or strings left scattered about. There are no more gleeful laughs of happy girls, no dolls left to litter the best room. There is no delay for sleepy children; there is no longer any task before you lie down. But the mother's heart is heavy; the father's house is lonely.

CHAPTER XX

CARE OF CHILDREN

Food for Infant

Without question the best food for an infant is that provided by nature—namely, its mother's milk. A child fed thus, so long as the mother is healthy, is more likely to thrive and grow healthy and strong, and is far less liable to cause worry and anxiety, and to suffer from the numberless little ailments of infants, than one fed in any other way.

A Happy Mother

A mother who decides to suckle her infant must forego some of the pleasures and all of the dissipations of fashionable life. A suckling infant, however, can impart more real joy to a nursing mother than all the pleasures that so-called fashionable society is capable of bestowing.

About the third or fourth day after delivery, the breasts usually become much distended with milk. In first confinements

especially, there until the third day, but little milk. Care and attention are now needed. At the onset of the milk fever, so-called, generally occurs, and from the time of delivery until the milk fever has passed away, the mother should eat the simplest food should be.

Care of Nipples. Nipples, like all other parts of the body, when newly used after long rest, become sore. A month or two before the expected confinement, the mother should harden the nipples by means of thumb and fingers.

After childbirth, they may be thoroughly bathed with a sponge or soft linen rag, after which a dusting powder of starch or arrow-root may be applied.

It is advised in some cases where the breasts become hard, painful and knotty, to bathe them with warm sweet oil, or pure sweet oil and cologne water, equal parts, well mixed when used. As a rule, however, the very best physician that the breast can possibly employ is the baby, and in very many cases they need no other treatment than what they receive from this source, and unless they

become actually disordered, no interference should be permitted.

Passions and emotions are injurious to the milk, and consequently to the child. It is even believed by some that the baby inherits the temper or disposition of his mother or wet-nurse; however this may be, it is well known that sudden joy and grief often disorder the bowels of the infant. It is a fortunate thing that with mothers, usually, and especially with first mothers, this time of nursing is the happiest and most serene period of their existence. This cheerfulness of heart and serenity of mind are doubtless due in a great measure to a good digestion, for during the nursing period the stomach is in a sound state, and the general health is usually first class.

**The
Mother's
Diet** The mother should restrict herself, both in quantity and quality, to the food that agrees with her. While a good nourishing diet is required, she should not force herself to eat more than her appetite calls for. There is no occasion to be extraordinarily particular in the selection of food, yet, at the same time, there are certain

articles of gross and unwholesome food that are not desirable at any time, and especially not at this time. Her diet should be varied, embracing a wide range of both the animal and the vegetable.

There are some few articles that nearly always disagree, and should be by most nursing women, if not all, let entirely alone. Among them we may mention highly salted beef, and, for the most part, goose and duck; the indigestible cove oyster should be tabooed, likewise salt herrings and oil-smothered sardines. To be sure, these dishes in many instances are eaten, relished and digested with no apparent ill effects; but with the majority of women at this time they certainly disagree.

Although pickles, greens and cabbage are frequently indulged in without apparent injury, with many they also disagree; the patient will therefore have to be governed by the effects produced in her own particular case.

Experience must necessarily guide the mother in the selection and use of very many articles of food; and, as in numerous other matters which concern the welfare of herself

and child, she will have to depend upon her stock of common sense. If, in case of debility and depression, it is thought necessary to have recourse to stimulants, great care must be exercised, and in no instance is it really safe to indulge in or continue the use for any length of time of any kind of spirituous or malt liquors.

**Feeding
Infants**

Civilization or some other cause seems to have produced a very large number of mothers quite incapable of feeding the babe by the natural method. Fashion, ill-health, worry and hard work add to the number.

The first two or three days the child requires hardly any food, very little milk is formed, but a thin watery fluid, called the "colostrum," which has a decidedly aperient action upon the bowels; on the second or third day, as the child's needs become greater, the flow of milk is established.

At first the breast should be given every two hours, using each breast alternately; the interval between the meals should be gradually increased, first to two hours and a half and then to three hours. A longer time

should, however, be allowed between the times of feeding during the night, so that the mother shall have several hours consecutive sleep. By careful management the interval can be extended to from four to six hours.

Time of Feeding

Great importance should be attached to the times of feeding; regularity of meals should be carefully observed, and two or three hours interval always allowed to elapse between the meals. It is a very common mistake to receive from a mother, when asked the question how often she feeds her baby, that she does so whenever it cries. Unfortunately, however, babies cry for many other reasons than hunger: They may wish to explain in this way—their only means of communicating anything—that they are uncomfortable, or that they have a pin sticking into them, or that they have a stomachache. Now, in the latter case, to feed the child may have the most unfortunate effect. The pain may be due to faulty digestion, some food remaining in and irritating the stomach. If more food is given, it may for a time give relief, but the pain soon returns worse than ever, more food in the

stomach having added to the trouble already existing and made bad worse. The proper treatment would have been to delay a meal for a short time, so as to give the stomach a rest, and an opportunity to get rid of the cause of all the trouble.

The right thing, then, is for a mother to feed her own infant, for the child's sake; it is well also for the mother; for those changes which are necessary after the birth of the child go on more satisfactorily while the mother nurses her baby.

Predigested Food When, in spite of careful feeding, there is indigestion and fever, the temporary expedient of predigesting the milk must be tried. This is by a process of peptonizing the food by the use of pancreatin. That is, the food is made easier of digestion by the disordered stomach by being partially digested in advance of feeding it to the child. *Extractum pancreatis* is accompanied by full directions. But a still simpler method of temporarily changing the food is to use the peptogenic milk powder, under the directions furnished with it. This powder contains, besides its food ingredients, pancreatin,

bicarbonate of soda and milk sugar. It is supplied by all druggists.

**Substitutes
for
Mother's
Milk** What foods can be employed as substitutes for the mother's milk?

Cow's milk is most similar in its constitution and most easily obtained, though not quite the same composition as the mother's milk. The best plan to make cow's milk a suitable food for infants, and one which is scientifically correct, is to peptonize or partially predigest the milk.

We can not approve of the idea of peptonizing (predigesting) food constantly. Nature should be trained to perform its own processes by exercise, not relieved of all functions and enfeebled by purely artificial aid.

Sterilized milk is valuable to those who are at a distance from the supply; it is carefully purified and freed from all germs by the application of heat, and is supplied in hermetically sealed bottles.

**Patent
Foods for
Infants** There are a number of patent infant foods in the market. Any of these may be used under certain circumstances. If an infant does not do well in spite of every effort to feed it, resort should

be had to a healthy wet-nurse, stranger or friend, to save the life of the child. In that case it may recover and soon take prepared milk.

A distinction should be drawn between *infants'* food and *children's* food. *Infants'* food should contain *no starch*; and children's food should contain *starch*. Mothers, be cautious in this matter.

Food of Child After Weaning The diet of infancy, after the period of nursing, should consist principally of good bread and milk, plainly and palatably cooked dishes made from unbolted wheat flour, apples, and nearly all kinds of fruit when in season. All kinds of animal food should be taken in the form of broths and soups.

Vegetables may also be prepared in the form of soup, and by using for the broth either beef, mutton or chicken, any of the vegetables, such as potatoes, beans, barley, rice, or tomatoes, may be used singly to thicken it, and by being thus prepared, will be an agreeable variation in the dishes.

The young child should not, of course, be allowed pastry; and sweet cakes, if eaten at

all, should be used very sparingly. Both mother and physician frequently have much difficulty in selecting the proper and most wholesome food for the child, as the digestive powers of children differ almost as much as in adult life.

**Errors
in Diet**

There are many diseased conditions produced by errors in the diet of infants, either due to the quantity of food being too small or too large; or from its being of unsuitable quality. The fault in quality may be that the food is too poor in those articles which produce bones, muscles, and other structures, in the fat, casein or sugar of milk. Or it may be due to the presence of indigestible material—the most common article under this head being starch.

**Vomiting
in Infants**

This is sometimes only the safety-valve action of the stomach, which rejects a portion of the milk taken when it is over-filled. In these cases it is never excessive, and does the child no harm. Indigestible food or sour milk, by setting up fermentation and irritation of the stomach, sometimes produces the most troublesome and even dangerous attacks of vomiting.

**Another
Result**

Diarrhea is another common result of bad feeding, and usually accompanies vomiting. Infants a few days old may be affected by it as the result of foolish fads and fancies of ignorant nurses. With the idea that the child's bowels must be "cleansed" without delay, they administer a mixture of butter and sugar, castor oil, or some other nastiness, the result of which is violent purging, followed by the diarrhea which it has set up. Again, starchy foods present themselves, and sour milk also, as causes of diarrhea. In the latter case the acidity of the stomach is much increased, fermentation set up, and the motions are generally found to contain curds of undigested milk. Such a case will soon improve if the diet is corrected and a small quantity of lime-water given after each meal. The injurious food may sometimes be the milk of the mother, whose health has suffered, whose habits have been unsatisfactory, whose diet has consisted of something injurious to the child, or whose bowels have become constipated. Here the fault in the mother must first receive treatment, and the child's indisposition will soon pass off. Whatever may

be the cause, it should receive immediate attention, for, if neglected and allowed to run on for many hours, it will rapidly reduce the little patient to a condition of severe prostration.

**Stomach-
ache**

This would probably accompany the vomiting and diarrhea already considered, but the most frequent cause of stomachache is the presence of flatulence, or "wind in the bowels," a very common ailment of infants. The child cries as if in pain, has a pained expression; his face may have a bluish hue and the mouth and eyes twitch, the extremities get cold, and the legs are constantly drawn up to the body. Such symptoms would probably be much relieved by giving a teaspoonful of dill water with two of hot water, or a little caraway, anise or peppermint water in the same dose. The next meal should be put off for a short time to give the stomach a rest, and the food carefully observed to find out anything faulty.

**Constipa-
tion**

This condition in an infant is almost always due to some error of diet. In those brought up at the breast it de-

pend upon a want of richness in the milk, which should be corrected by increasing the amount of fat in the mother's food. Rich milk, cream, oatmeal porridge and stewed fruit are all useful.

In bottle-fed children, it may also be due to poverty of the milk, when benefit may be derived from adding a little cream to each meal, or two or three of the meals may have a teaspoonful of Mellin's food mixed with them. Cod-liver oil or salad oil sucked off the finger is useful for these cases.

Much starchy food given to a young child is very likely to produce constipation, and if the treatment already recommended is not sufficient to correct it, some alteration must be made in the food. If barley water is being given with the milk it may be replaced by oatmeal water.

Teething The first teeth may appear at any time between the third and seventh month. Some infants have been known to cut their teeth as early as the third month; and cases are known where infants were born with teeth. On the other hand, there are cases on record of infants who have never had any teeth at all.

First Dentation **Teeth** or first dentation, commencing at the third and seventh month. At this time the teeth have all appeared, they are twenty in number. They are usually cut in pairs, occupying a period of about two years in their coming. Hence a child at the age of one and a half years should have twenty teeth—temporary teeth, for by the time he is seven years old, they begin to loosen and fall out.

Liable to Take Cold Children during teething are particularly liable to take cold, and the following symptoms frequently occur as a consequence: Vomiting from catarrh of the stomach, diarrhea from catarrh of the intestines, and cough from catarrh of the bronchial tubes. For this reason it is of great importance to keep the child warm, which can be done most effectively by applying a broad flannel bandage round the stomach.

The cough requires a simple liniment rubbed on the chest, a few doses of ordinary cough mixture or one-drop doses of tincture of belladonna every hour until the cough is relieved, either in a teaspoonful of water or as a tabloid.

Certain skin diseases, such as eczema, red-gum, etc., are frequent at this time, and are generally due to some irritation of the stomach and bowels. They can be cured by appropriate treatment applied to those conditions.

Convulsions of Infants Convulsions, due to disorder of the nervous system, sometimes occur during teething and cause great alarm. They are often ushered in with slighter symptoms, such as squinting, twitchings, startings and restless sleep. When an attack of convulsions occurs, the child should be put, as quickly as possible, into a hot bath—temperature over 100 degrees—a plan of treatment which can be advised for all the affections of teething. The bowels should be opened with a teaspoonful of castor oil, and cold should be applied to the head. The doctor should be called, as he may give relief by the inhalation of a few drops of chloroform or by lancing the gums.

Convulsions sometimes occur in infants from over-feeding and from whooping cough. Mothers are prone to stuff their little one with other food, even though having at the

same time an abundance of milk; one of the consequences of this is convulsions. A child under four months, fed exclusively on mother's milk, is seldom, if ever, troubled in this manner. Convulsions attending whooping cough are usually a very serious matter, and the physician has need of all his skill to successfully treat them. The warm bath in these cases is a very important part of the treatment.

**Lancing
the Gums**

This is thought by some people to be a panacea for all the ailments of teething, but it is only useful when the teeth are just through and the gums are swollen, hot and painful, and should not be practiced indiscriminately.

**Bromide
of Potash**

The best drug to overcome and prevent convulsions and all nervous symptoms is bromide of potash. Two and a half to three grains should be given every four hours mixed with a little syrup and water, or half a five-grain tabloid may be used. Rubbing the mixture onto the tender gums helps to relieve the child's sufferings.

Rest for Inflamed Stomachs If a man had a severe attack of cholera morbus, dyspepsia, diarrhea, constipation, colic or vomiting, would he not be disposed to stop eating and give his maltreated stomach a rest for six, ten or twelve hours? Something of the same kind must be done if a baby is taken with similar disorders. The inflamed or irritated stomach must be given time to rest and heal, instead of keeping up the stuffing process under the delusion that the child will starve. It is a false and silly notion that every cry means hunger and must be quieted by additional stuffing, when perhaps the cry is caused by the pains of surfeit.

Whenever it is decided to withhold food from an infant for some hours, as a relief from some diseased condition, it is very important not to forget that it can *thirst* as well as, or more than, grown people, and give a little water frequently.

DISEASES PECULIAR TO CHILDHOOD

To Examine the Throat On first looking into the mouth, nothing but the tongue and palate meeting at the back can be seen. If, however, the tongue be pressed down at the back

with the handle of a spoon, a flat paper-knife, or handle of a tooth-brush, and the patient at the same time takes a deep breath, the throat becomes exposed to view. From the back of the roof of the mouth hangs the curtain of the soft palate with the fleshy mass of the uvula. On either side of the palate is seen the tonsils. The use of the tonsils still remains a mystery. They are bodies rounded in shape, of about the size of a hazel-nut, covered with the soft lining of the throat and have a number of small glands which secrete a yellowish fluid. This secretion forms occasionally little yellow patches and lumps, which may cause much anxiety at first sight by being mistaken for the membrane of diphtheria.

**Scarlet
Fever**

In scarlet fever all the parts in the neighborhood of the tonsils, and the tonsils themselves, are swollen, red and sore; patches of secretion form, and thick mucus is smeared over them. If sore throat occurs with sudden illness, high temperature, quick pulse and painful swelling at the angle of the jaw in a child who has not previously had scarlet fever, strong sus-

pictions are aroused, and are very soon confirmed by the appearance of the rash.

Diphtheria The symptoms of diphtheria may be severe also, and the throat has the appearance of being covered with patches of false membrane. The membrane can not be removed easily, and if forcibly detached, causes bleeding and leaves a sore surface.

The throat in diphtheria is not as sore or painful in swallowing as a simple inflamed throat.

Sore Throat The symptoms of the simple sore throat of children come on suddenly, with fever and pain in swallowing. Tonsils are swollen, red and covered with thick phlegm, or have patches of yellow secretion.

Treatment of Sore Throat The child should be confined to bed or to his bedroom. Food should consist of milk, either warmed or iced, according to fancy of the child; beef tea, gruel, jelly and soft foods. Fomentations applied frequently to the throat, and painting the tonsils with glycerine and boric acid reduce the inflammation. Sucking black-currant lozenges or jelly, or sipping warm drinks relieves the pain.

For the fever, aconite is the best remedy. One drop, or a tabloid of one minim of the tincture in a teaspoonful of water may be given every hour for three or four doses, and then at longer intervals.

**Chronic
Tonsillitis**

The tonsils may occasionally be seen of such a size as to touch each other and press upon the uvula and palate. They are hard, pale colored and quite free from pain.

The expression becomes idiotic, vacant and heavy; the mouth is kept open, and on account of blocking of the nostrils at the back, no breathing takes place through the nose; even when awake there is some difficulty in breathing, and when asleep the child snores.

The voice is thin and indistinct, as if the patient were "talking through the nose." Usually the hearing is affected to some extent.

Added to all these symptoms of sore throat are constant, this is the child always affected whenever a cold is taken. These children sleep heavily and restlessly, starting in their sleep and dreaming, and are often troubled with difficulty in holding their water. As a result of the imperfect condition in which the air

enters the lungs, they become ill-developed, with pigeon-breasts and stunted growth.

Treatment for Tonsillitis At first, when the condition is only beginning, painting glycerole of tannic acid over the tonsils with a brush two or three times a day, and a course of cod-liver oil and steel wine or the syrup of the iodide of iron may produce a cure; but if this treatment has been persevered in for three months without any good results, no longer delay should be allowed, but the tonsils should be removed. This operation is not a painful or dangerous one.

Adenoid Growth Adenoid growths at the back of the nose are a very common affection of children. They consist in a very similar growth to that described as affecting the tonsils, and occur in the small glands at the back of the nose.

The symptoms are similar to those produced by enlarged tonsils. The passages of the nose are much blocked, so that air can not be drawn through one or both nostrils; the child has a chronic "cold in the head," with a curious pinched appearance of the nostrils, snores in his sleep, speaks through

his nose, and is very deaf and stupid. The deafness probably causes the stupidity, with its vacant expression and great backwardness, especially shown by the late period at which the child learns to talk. We might almost repeat the remarks made about the operation for enlarged tonsils in strongly recommending early operation for these growths.

Parents have in these cases a great responsibility; if they allow their natural reluctance to any operation upon their children to overcome their better judgment to comply with their doctor's advice, they may have to endure life-long regret and their children life-long inconvenience. There may be permanent deafness, great backwardness and much ill-health, all of which timely operation would have avoided.

**Cold—
Catarrh**

A cold in a child should always receive treatment at once. The symptoms are familiar to all, and depend upon what part is chiefly affected, whether it be eyes, nose, mouth, throat, air passages or digestive organs.

Treatment If the cold is only slight, the child should be kept at home, confined to a

well warmed and ventilated room. But if it is at all bad and the fever high, he should have a hot bath and be put to bed.

The food should be chiefly given in a liquid form. Milk, beef tea, arrowroot, and, if thirst is troublesome, lemonade (hot), barley water and linseed tea may be used. The following (for one dose), solution of the acetate of ammonia, 10 drops, sweet spirits of nitre, 5 drops, syrup, 15 drops, water to the drachm, may be given in teaspoonful doses every two or three hours to a child of three, but smaller doses to infants. If the fever be high, this may be replaced by the tincture of aconite. This is strong medicine, and should be given with care. Four drops, or four of the one-minim tabloids, should be dissolved in two tablespoonfuls of water and flavored with a little sugar and lemon juice.

Of this a teaspoonful may be given every two hours to a child of three years or over; half of this dose for infants. After four doses the intervals should be lengthened.

False Croup, False croup consists essentially of
or "Child-
Crowing" a convulsion or spasm, during which the small chink of the larynx by

which all air enters the lungs becomes suddenly closed.

Symptoms In the milder cases the child's breathing is simply accompanied with a crowing sound. This occurs each time the breath is drawn in, causes practically no inconvenience or pain, and disappears during sleep. In other cases, however, it continues even during sleep. In the severer forms the disease comes on in attacks, which occur at any time in the day or night, and are most alarming to parents and distressing to the little patient. The child is to all appearance in fair health, and without any warning suddenly screws up its face as if it were going to cry, holds its breath so that no air can enter the chest, gets blue in the face and lips, with swelling of the face and head. Just as the obstruction seems as if it were sufficient to cause suffocation—that is, after perhaps ten seconds or so—it suddenly is drawn in with a rush, causing the peculiar crowing sound so characteristic of the disease, and from which it takes its name.

The attacks of crowing are often accompanied by convulsions of other parts besides

the larynx. The body generally may be affected, but a far more common symptom is convulsions of the hands and feet, in which the thumbs are turned inward across the palms and the toes bent down and stiff. Occasionally this disease occurs in the form of sudden attacks of difficulty of breathing, without any crowing sound at all, and such cases are often the more severe.

In the great majority of cases the little patients get perfectly well; but there is undoubtedly danger if the proper treatment is not at once adopted, and anxiety must be felt until the attacks of "crowing" have quite disappeared. Deaths occasionally occur, either during an attack or as the result of general convulsions setting in.

**Treatment
of Croup**

During an attack, efforts must be directed to restoring the respiration as soon as possible. This may be done by dashing a sponge well wetted with cold water in the face, by patting the back, or giving a vigorous shake.

To check the attacks when they are frequent, the best drugs are bromide of potash and chloral. Of the bromide of potash, a five-

grain tabloid may be given two or three times a day dissolved in a teaspoonful of water; and of chloral, half a five-grain tabloid in a similar way. The two drugs combined act even better; a five-grain tabloid of each dissolved in a little water may be given in two doses, making two and a half grains of each in a dose.

False croup also occurs under other conditions and forms. Besides the attacks of difficulty of breathing, there is a noisy, hard cough and hoarseness. Children of two or three years of age are most liable to it, and the attacks occur more frequently at night. They are very alarming but usually pass off as suddenly as they come, and are seldom accompanied with much danger. The treatment recommended for "child-crouping" should be employed.

Third Form of Croup The two preceding affections are what mothers refer to when they say their children are very subject to "croup." It is the curious noise, perhaps, to which this term is popularly given, rather than to any definite disease.

The third form of croup is another name for acute inflammation of the larynx or laryn-

gitis. This is quite a distinct disease from diphtheria. Generally it is best to treat the patient as if he were suffering from diphtheria and to carry out all the precautionary measures necessary in infectious disease.

Bronchitis Capillary bronchitis (broncho-pneumonia) is a form of bronchitis which is of greater frequency in children than in adults. Its name is due to the fact that the inflammation chiefly affects the smallest, or capillary air-tubes. It may occur as a complication of an ordinary attack of bronchitis.

The temperature may rise to 103° F. or more. The pulse is quick. Rigors frequently occur. The respiration may rise to fifty a minute, and the difficulty of breathing is usually very severe. Cough is always troublesome, being continuous and distressing, with occasional violent paroxysms. The face becomes blue, swollen and covered with a cold sweat, and the little patient soon passes into a most distressing and prostrate condition.

**Capillary
Bronchitis** All cases of bronchitis in children should be treated with great care, for negligence may lead to an attack of capillary bronchitis, with the serious symptoms

just enumerated. Bed is, undoubtedly, the best place. The strength should be maintained by plenty of fluid nourishing food, and small quantities of stimulants given frequently. First use tr. aconite, five drops; tr. ipecac, ten drops; dissolve in half a glass of water, giving one teaspoonful every half hour to two hours. Later, then, to aid in the removal of the expectoration, the best drug is carbonate of ammonia; one of the three-grain tabloids may be dissolved in water and syrup and a little lemon juice added to the mixture when it is taken. For a child one year old, three teaspoonfuls of water should be added to each tabloid; while for a child of six or eight, one teaspoonful would be enough. In each case the dose would be a teaspoonful given every three or four hours.

If the breathing is very hard and the child appears to be getting suffocated by the accumulation of phlegm in the lungs, an emetic is sometimes of great use. For this purpose alum is recommended as the best drug—ten grains for a child of two years to thirty grains for one of ten years, with a teaspoonful of syrup of squills. Hot linseed and mustard poultices (one part of mustard

to five of linseed) or hot fomentations should be applied frequently. The room should be well warmed and a steam kettle should be kept boiling so as to moisten the air of the room. The diet must be entirely liquid—milk diluted with barley water or soda water and a little beef tea, gradually increased as the child improves, and solids added with great care, as the digestive organs are easily upset after such an illness.

Constipation of Children Constipation is one of the most frequent troubles during infancy and childhood, and it is one which should never be neglected. In a healthy infant the bowels should naturally act two or three times a day, and the motions should be semi-solid and of a yellow or orange color. In constipation there may be only one action a day, or even in two or three days.

Treatment It is important to bring up children in regular habits, so that the bowels may be trained to act sufficiently often and at suitable hours. By the administration of mild aperients, or better still, by attention to diet and other matters, regularity may be attained and much trouble avoided.

If a child at the breast is affected with constipation, our first attention should be directed to the food, habits and health of the mother.

If the child is being brought up on the bottle, the food should be altered. It may include too small a quantity of fat or too much starchy material. The fat may be increased by adding cream, half a teaspoonful to each bottle, or by giving a little olive oil or cod-liver oil twice a day.

Mellin's food has a slightly laxative effect, and a teaspoonful should be added to two or three of the meals until the action of the bowels becomes satisfactory.

In older children the diet may still be at fault. Pastry, salt meat and sweets should all be forbidden, and some of the following articles may be given, all of which will prove useful: Oatmeal porridge and treacle for breakfast, cooked green vegetables, stewed fruits, as prunes and figs, baked apples, and oranges. Cold morning sponging, plenty of outdoor exercise, and only moderate hours at books are the hygienic precautions necessary.

Injections of warm water or soapy water of about two or three ounces, which may con-

tain a teaspoonful or two of olive oil or one of castor oil; a suppository formed of a piece of yellow soap or an enema of half a teaspoonful to double this amount of glycerine with a little water, are all useful and safe measures. Friction with the hand and olive oil over the abdomen in the proper direction—that is, upward on the right and downward on the left side—and a compress to the belly of warm water under oil-silk, give tone to the bowels.

Diarrhea Excessive looseness of the bowels
in
Children sometimes comes on in infancy, as an effort of nature to free the system of some unhealthy material which, if retained, might be productive of harm. In such cases, therefore, it is an unwise plan to give astringent medicines.

If the motions are not too frequent, not exceeding six or eight in twenty-four hours, if there is but little griping, and the child does not exhibit signs of pain and suffering, very little, if any, interference is necessary.

If the stools become watery, frequent, double or more than double the natural number, slimy green or curdled, of an offensive

odor; if there is much pain or griping, and the child is fretful and restless, medicine is required.

Treatment for Diarrhea It is not, however, the best plan to give any astringent medicines for a day or two, as the purging may be merely the result of something obnoxious in the system, which is being worked off in this manner.

If the baby is still at the breast, great care should be taken by the mother as to her diet. It is better not to allow the baby any artificial food for the time. A dose of castor oil given early will often effect a cure, by assisting nature to throw off whatever unhealthy material there may be in the system. In case the diarrhea persists, medicine will have to be resorted to for the purpose of checking it.

The following is admirably adapted to many cases: Castor oil, two drachms; powdered sugar and powdered gum arabic, each two drachms; tincture of opium, twenty-one drops; cinnamon water, enough to make four fluid ounces in all; dose for children, a teaspoonful every three hours. The following

is successful in many cases: Bismuth and prepared chalk, each twenty grains; powdered opium, one-half grain; mix and divide into six powders; dose, one powder, to be repeated every three hours if necessary. The following prescription is a most effective remedy: Castor oil, one drachm; deodorized tincture of opium, four drops; syrup of gum arabic, one ounce; tincture of peppermint, two drops; dose, one teaspoonful every two hours. In the treatment of diarrhea, it is always advisable to be governed by the character of the stools.

**Cholera
Infantum**

This malady is popularly known as "summer complaint," and is one of the most destructive of diseases of young children, especially in large cities, where sanitary conditions are not always of the best. Medical aid is required in this disease from the very commencement. Hence it is important that the early symptoms be readily recognized, in order to give the little patient the benefit of the best medical aid as soon as possible.

Symptoms Among the principal symptoms are diarrhea, rejection of food, vomiting, debility, languor and sometimes stupor. The

stools may become bloody, with an admixture of blood and slime. In this case, however, it is more of the nature of dysentery, in itself a very serious disease. In the early stages of cholera infantum, the head may be hot, the abdomen swollen, and, as the disease progresses, coldness and emaciation come on. The diarrhea may be copious, and the vomiting so persistent as to endanger life. In very grave cases, the head symptoms are prominent and endanger life in the course of a few days.

Treatment The following are some valuable prescriptions for cholera infantum:

(1) Calomel, one grain; bicarbonate of soda, twelve grains; powdered ginger, eight grains; mix and divide into eight powders; dose, one powder every three or four hours.

In the early stages, if there is much heat in the head, and a tendency toward stupor, cooling applications should be made; a cloth wrung out of cold water must be applied to the head and changed frequently, to keep down the temperature.

The two principal morbid conditions to be treated are the diarrhea and vomiting. For the bowels, astringents are called for.

(2) Sulphate of copper, one grain; deodorized tincture of opium, eight drops; distilled water, four ounces; dose, teaspoonful every two, three or four hours.

The following has been found very useful where the diarrhea was troublesome: (3) Paregoric and tincture of rhatany, each one drachm; powdered sugar and powdered gum arabic, each one-half drachm; water, two ounces; dose, a teaspoonful every two, three or four hours.

A spiced poultice should be kept over the abdomen as long as vomiting continues. Ice is better adapted to quench the thirst than water. Small pieces may be allowed to slowly dissolve in the mouth, which in the case of quite young children should be pounded up in a rag and given to them in that way.

The food should consist chiefly of milk and lime-water, arrowroot, chicken broth, beef broth, beef tea, and, after the first stage, egg-nog; together with a tonic, if the strength is much reduced. In fact, summer complaint affords an opportunity for exercising all our powers of contrivance in preparing suitable dishes for the little invalid.

Raw beef scraped fine, and well-made beef tea, are among the most strengthening articles of diet, and they are generally acceptable to the weak and sensitive stomach.

**Dysentery
Among
Children** Dysentery, or dysenteric diarrhea, is not an uncommon affection of childhood. It is sometimes a consequence of a neglected attack of diarrhea, or it may follow any of the infectious fevers. The difference between this affection and ordinary diarrhea is that in dysentery the bowels become much inflamed and even ulcerated. The motions, at first like ordinary diarrhea, after a time consist almost entirely of slime and blood. Vomiting, stomachache and fever are all present, and there is great straining at stool.

**Treatment
of
Dysentery** The treatment requires the same care and limitation of food as has been mentioned for diarrhea; hot fomentations should be applied to the abdomen; the bismuth mixture may be given.

At the commencement of the disease, if there be reason to suspect the presence of any irritating substance in the intestines, it is advisable to commence treatment with the

use of some simple evacuant, like castor oil. The occasional administration of a laxative should not be neglected. If the stools be entirely or mainly muco-sanguineous, it should be employed so as to prevent accumulation of the fecal matter in the colon. The dose should be small, merely sufficient to produce fecal evacuation and repeated as required. The laxatives commonly preferred are magnesia, rhubarb or castor oil.

The following prescriptions may be employed

℞ Pulv. ipecac comp., 1 drachm; bismuth subnitrat, 2 drachms.

Misce. Divide into twenty-four powders. Give one every two to four hours to a child of five years.

℞ Tinct. opii deodorat, 24 minims; bismuth subnitrat, 2 drachms; aq. menth. piperit, 1 ounce; syr. ginger, 1 ounce.

M. Sig. Shake bottle. Give one teaspoonful every two to four hours to a child of five years.

In the first stages of the inflammation, rice or barley water, or arrowroot, and similar drinks should constitute the main diet. More nourishing food should be given, should

there be a tendency to prostration, milk and animal broths then being allowed. In protracted cases attended with symptoms of exhaustion, a stimulant should be given.

Inconti-
nence of
Urine

Incontinence of urine, or bed-wetting, is a most troublesome and not at all uncommon affection of children; it may occur during both day and night, or only at night, the latter being the much more frequent.

Treatment
for Bed-
Wetting

Worms should be removed by injection, the tight skin by circumcision, the stone by operation, irritating urine by alkaline medicine, as citrate of potash (ten grains two or three times a day). The diet should be regulated, late meals avoided, and the amount of drink limited, especially for two or three hours before going to bed. The child should not be allowed to sleep on the back or covered too warmly.

Belladonna as a tincture or in the form of five drops may be given two or three times a day, the last dose at bedtime. If this does not bring about a change, it may be doubled. It should be given for some time, and not discontinued

until some days after the trouble has disappeared, when the dose may be gradually lessened. At the same time, care should be taken that the child always passes his water the last thing before going to sleep, and that two or three hours after, when the nurse or parents go to bed, he is taken out of bed for the same purpose.

**Retention
of Urine**

The reverse condition of the foregoing may occur, the urine collecting in and filling the bladder. This causes a good deal of anxiety to the friends, but may usually be relieved by very simple measures. It may be caused by some malformation with which the child is born, by the presence of a stone in the bladder or an abscess blocking the passage, by tightness and unusual length of the skin, called *phymosis*. If the cause is evident, it must be removed; stone, malformation or phymosis requires operation, the last being cured by circumcision. If no cause can be discovered, the child should be put into a hot bath, which, in the great majority of cases, brings about the desired result. This proving unsuccessful, a surgeon should be summoned,

as it would then be necessary to draw off the water from the bladder by passing a hollow instrument called a catheter into it.

Phymosis Phymosis is the name given to a condition which is not at all uncommon in male children, and consists in a superabundance of skin on the penis. This is long, usually very tight at the orifice, and can not be drawn back at all, or only with a good deal of pain and pressure.

The orifice may be so tight as to cause interference in the flow of water, which is only passed with great straining, and may distend the skin before urinating; the straining leads to the formation of a rupture or to "falling of the bowel." The collecting of urine under the skin sets up irritation, inflammation and swelling of the parts, giving the child much pain, and may end in the formation of little stones in this situation or of inflammation of the bladder, and may in after life engender unhealthy habits or produce serious disease. If the skin is drawn back by force, it may remain fixed in this position, and then produces what is called paraphymosis. The parts become very

swollen, painful and inflamed, and, if the skin can not be replaced by gentle pressure, require the immediate attention of a surgeon, or very serious consequences may follow.

Circumci- To prevent the various troubles
sion mentioned, the operation of circumcision should be performed. It is simple, the good results are seen at once, and the child will be all the better for it in after life. No parent should put off the operation, if the unhealthy condition we are considering is present; any age is suitable, but the earlier it is done the better. Among the Jews the eighth day is fixed upon by their religious laws, and children of a few weeks old bear it well.

For Tape \mathcal{R} Olei. filicis. mas., 1 drachm;
Worm in
Children mucilag. acaciae, q. s. ad 1 ounce.

M. Sig. Shake well and give a teaspoonful every hour, commencing early in the morning, until the whole mixture is taken.

A large dose of castor oil should be given about noon or a little later, so that purgation will follow soon after the last dose is taken. If the bowels are not habitually costive, there is no necessity for the patient to undergo

fasting or purgation. If they are costive, a saline cathartic should be given and a diet of milk allowed the day before administering the remedy. The following prescription may be given instead of the above:

℞ Etherial ext. male fern, 1 drachm; syr. tolu, 5 drachms.

M. Sig. Large dessertspoonful in the morning without any food.

In two hours after, a good dose of castor oil should be given.

Round Worms in Children *Treatment.*—The bowels should be kept well opened by the use of castor oil or very small repeated doses of calomel, or one of the following prescriptions:

℞ Fluid ext. spigeliæ, 2 ounces; fluid ext. sennæ, 1 ounce.

M. Sig. One teaspoonful three to four times daily to a child of five years.

The following is one of the best:

℞ Fluid ext. spigel sennæ, 2 ounces; santonin, 15 grains.

M. Sig. Teaspoonful three times a day, for three days; skip three days and repeat.

The round worm resembles the common earth worm, and is familiar to every mother of a large family.

It is probable that the round worm is not generally injurious to health. It may be said of most intestinal worms that they are not usually injurious to health.

Thread Worms or Pin Worms Thread worms, pin worms or seat worms are found principally in the lower part of the bowels, especially in the rectum and anus. In females the worm sometimes passes over to the vagina. Their presence can usually be detected without difficulty by careful examination.

Treatment These pin worms can usually be destroyed and expelled by injections of salt water, and the irritation of the parts may be soothed by applying vaseline or sweet oil. One of the prescriptions for the round worm may be used, if the salt-water injections fail.

Rickets Rickets is a disease of children. Children may be born rickety, but the great majority of cases fall between the ages of one and three years.

A symptom which is likely to attract attention more than any other is the peculiar

softness and pliability of all the bones. They become bent and deformed in many ways; the skull is much lengthened from the front to the back, the forehead is high, square and prominent, and the head large—a condition which gives rise to the mistaken idea that the child is going to turn out a genius.

A rickety child may grow up puny and stunted, and with deformed limbs and narrow, delicate chest. In girls, the deformity produced in the bones of the pelvis may prove most dangerous towards by complicating childbirth.

Rickety children are sometimes considered by their friends to give promise of great intellectual power. This is partly due, as has already been mentioned, to their heads being large and their foreheads high, and partly to the fact that, being weak and indisposed to play games with other children, they spend most of their time with their elders, listening to their conversation and picking up their expressions.

The length of the disease depends upon the duration of its causes. When they are removed and suitable treatment is applied, the symptoms gradually disappear. Most

cases recover, but death occurs sometimes—especially in infants—from some of the complications, an attack of bronchitis, diarrhea or convulsions rapidly carrying the child off.

**Treatment
for Rickets**

The treatment should be commenced as soon as the symptoms of the disease are recognized; the sooner the better, for early treatment may prevent altogether the permanent deformity and stunted growth. The unhealthy conditions of the child's surroundings must first be removed; both mother and child must be well and properly fed, the rooms must be ventilated, the child must be taken out regularly in the open air, warmly dressed and kept thoroughly clean.

A suitable diet, of course, depends upon the age of the child; it must be both digestible and nutritious in every case. If the child is being nursed at the breast, it should be weaned, and put upon good cow's milk, broths, bread and butter and the yolk of a lightly boiled egg, according to its age. Over-suckling should at once be stopped, and starchy food given in all cases with great care, and at first in very small quantities. At

about eighteen months much benefit is obtained by giving a small quantity of meat, well pounded up, and with all skin and gristle carefully removed. The meals should be arranged with the greatest regularity, and no food, cakes, sweets and the like be allowed during the intervals.

Much may be expected of medical treatment aided by hygienic diet. Cod-liver oil is the most important and generally used drug; it should be commenced at once, the bowels having been thoroughly unloaded of all undigested food. As at first some trouble may be found from indigestion, it should be given in small doses, which may be gradually increased as the child becomes accustomed to it and likes it. It may be given alone or as an emulsion, well mixed with some pleasant substance to counteract the taste, or with malt extract or mixed with steel wine. A dose of only ten drops may be used at first, as a trial, increased to a teaspoonful and then to a dessertspoonful three times a day. If oil is passed in the stools, too much is being given. Although children generally come to look upon the oil as a treat, others can never become accustomed to the strong fishy taste.

Phosphate of lime is another valuable agent in this disease. The syrup of iodide of iron will be found of great service. As convalescence advances, other tonics may be employed with benefit, such as quinine and the various vegetable tonics. The deformities may be prevented by not allowing the child to walk while the bones are still soft.

St. Vitus' Dance St. Vitus' dance (chorea) is a peculiar nervous affection which is almost limited to the years of childhood; infants are hardly ever affected by it, or even children under six years of age.

Symptoms Fretfulness and impatience, promoted by slight causes, and unconscious movements of the hands and muscles of the face, are the first symptoms indicating the approach of chorea. Involuntary jerking motions of the hands and other portions of the body are next noticed, other muscles are soon involved, and in the course of a few days or weeks all control over the muscles of the face and movements of the extremities is lost. The action of the heart is irregular and tremulous; the speech is slow, thick and indistinct, in consequence of the muscles of

the tongue and larynx becoming involved. In severe and long-continued cases, more or less impairment of the mental faculties occur.

Treatment Fresh air and outdoor exercise, avoiding undue excitement, and a nutritious diet, are the first requirements in the treatment of chorea. A diet of milk, beef essence, soft-boiled eggs, clam broth and raw oysters, etc., should be provided. In exceptional cases, where the choreic movements are violent, the patient should lie in bed. Most cases of chorea are associated with anæmia.

℞ Liq. potass. arsenit, $1\frac{1}{2}$ drachms; aquæ, q. s. 4 ounces.

M. Sig. Teaspoonful three times daily, after meals, to a child of eight to ten years.

Absolute rest is essential. In the milder forms a few hours' rest in the morning and afternoon may be sufficient to control the movements, but in all other cases the patient, no matter what age he or she be, should be put to bed at once. After a few days of quiet and rest a decided improvement is noticeable.

Absolute rest for two weeks is necessary. Next important to rest is a diet which is

nutritious and easily digested. It is important that the child should rest well at night.

Change of scene and air, carefully managed gymnastic exercises and massage are all useful at the end of an attack, or in very chronic cases, but not in the early stages. Kindness and firmness must be combined in the management of the little patient, and she should be encouraged to do all she can to assist in her own cure.

**Scrofula,
or Struma**

Scrofula, or struma, is a constitutional condition closely allied to, if not identical with, consumption. Consumptive parents are very liable to have strumous children. Children who have manifested signs of struma are prone to be attacked with disease which is distinctly of a tubercular nature, and the various members of a family are often found to suffer from complaints, some of which are strumous, while others are tubercular.

Scrofulous children are liable to many diseased conditions. They have very deficient resisting power to withstand external influences which predispose to disease. They are deficient in growth and development,

and very prone to many affections produced by a slow form of inflammation.

Lymphatic Glands The great liability to enlargement of the lymphatic glands is the first peculiarity to be considered. This may affect the glands all over the body, but those situated in the neck and under the jaw are most commonly involved. Disfiguring scars and swellings in the neck can be seen daily in the streets of any large town. Very little irritation is sufficient to cause enlargement of the glands; eczema of the head, lice, a sore throat, decayed teeth, or any slight sore, may cause a swelling, which, gradually increasing, produces great deformity. After a time, matter forms slowly in the swelling, works its way by degrees to the surface, breaks through the skin, and produces an ugly discharging sore, which only heals with great difficulty, and leaves behind a mark which lasts a life. The swellings are seldom painful, rarely inflamed, and do not cause much inconvenience, except from their size. The constant discharge, however, reduces the strength.

The Eyes Are Often Inflamed The edges of the lids get sore and red, a thick discharge collects, especially at night, sticking the lids so closely together that they can only be separated with difficulty when the child awakes. Little sores may occur on the eyes themselves, which leave behind white patches often sufficient to cause great disfigurement and interfere with the sight.

Eczema Eczema of the head and other parts is common; chronic enlargement and disease of the joints, especially the knees and hips, discharges from the nose and ear, and enlargement of the tonsils, are all manifestations of the same affection.

Treatment All sources of irritation, however slight they appear, must be removed as soon as possible, so that the enlargement of glands which they produce shall be avoided; and the following general directions for health and diet must be carried out.

The diet should be liberal and nourishing, and should contain abundance of the fatty foods, meat, fresh eggs, milk and cream.

Of drugs, the best are cod-liver oil, maltine and malt extracts, syrup of the iodide of iron,

and they should be continued for a long time, ringing the changes—cod-liver oil in the winter, maltine and iron in the summer, or any of them taken in combination with cod-liver oil.

Iodide of potash, five grains, three times a day, when the result of syphilis. Tincture of iodine painted on the glands, when they are swollen and enlarged. Cod-liver oil in this disease is a remedy and a nourishment. The best preparation is Scott's emulsion, containing fifty per cent. of cod-liver oil with the hypophosphatè of lime and soda. It is palatable, and contains the remedies that act against the disease.

Notice to Parents.—The first volume of the Personal Help Library in its order is "Personal Help for Parents and Young Men." It is divided into two books. Book I, "Personal Help for Parents and Young Men," intelligently discusses with parents the various phases of sex life to his mental, moral and physical development, and at the same time, interest him in legitimate recreation and diversion, which are so essential to the formation of character in the average boy, and in the development of his mind. At the age of fourteen years, the book should be given to the boy for himself. Book II of the same volume will be given to the boy of fifteen years of age and over, and will prove a most valuable guide to the morals of every normal boy and young man.

Volume IV is entitled, "Personal Help for Girls and Young Women." What Volume III is to boys, Volume IV is to girls and young women. Parents should know just what they need to help direct their sons and daughters through the perils of youth, until they are old enough to think for themselves. Thereafter, these books placed in their own hands will prove a boon to their lives and a source of satisfaction and happiness to parents. Other volumes of the set are I, "The Sex Challenge Answered," and II, "Personal Help for the Married and Parents." The four volumes of the set are uniformly bound in Cloth at \$3.90 each, and in Morocco Grain Keratol at \$4.90 each. If ordered by Parcel Post, add 25 cents per volume for packing and transportation.

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